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Febrifugum Magnum :

O R,

COMMON WATER

T H E B E S T

CURE *for* FEVERS,

And probably for the

P L A G U E.

By JOHN HANCOCKE, D. D. *Rector of St. Margaret's Lothbury, London, Prebendary of Canterbury, and Chaplain to his Grace the Duke of Bedford.*

Perfectissima fit sudoribus febris solutio. Medus de Imp' Solis, &c. Desideratum,

Medicamentum quod statim tollat sanguinis rarefactionem, & motum imminuat, nullo fero symptomate subsequente. Pitcarnius in Princ. Elem. Med. &c. lib. 2. c. 1. §. 35.

Εύπνοια.

Ἄγιστον μὲν ὕδωρ. Pind.

Helleborum frustra cum jam cutis ægra tumebit,

Poscentem videas, venienti occurrere morbo.

Perf. Sat. 3.

The THIRD EDITION.

L O N D O N,

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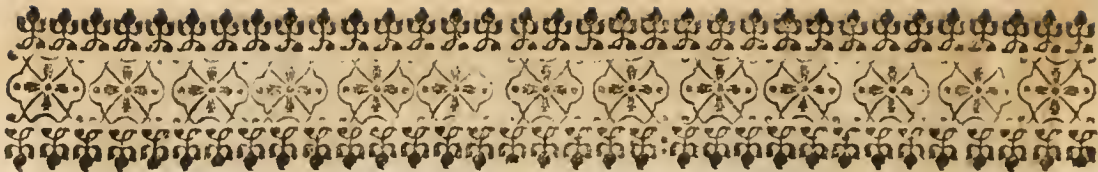




THE PREFACE.

I Have now done, what for above this Twenty Years I have intended to do sometime before I die, only delay'd it to enlarge my Experience. If cold Water in the Beginning of Fevers will do, what I from long Experience verily think it will, the common Benefit it will be to Mankind, will sufficiently excuse my divulging my Experience. If upon a fair Tryal (which is all I desire) it be found to fail, I must bear the Disgrace of amusing the World with such a Proposal. I doubt not, I shall easily find Excuse with reasonable People, when the greatest Physicians confess, there is nothing yet found out, that will certainly, and at once take off a Fever, as I think I am sure cold Water will do.

Adver-



Advertisement.

 Hereas I say, Page 24. That I had never tried *Water* beyond the first or second Day of the Fever, but for ought I knew it might do the third or fourth, I had quite forgotten ('till put in mind of it by some in my Family) an Instance, where I used it with Success the fifth Day.

I had fifteen, or near twenty Years ago, a Relation an hundred and fifty Miles off, that came to Town, he fell into a violent Fever, and took early Advice. He had been ill four Days, before he let me know he was in Town. I went to the Inn to see him, and perswaded him to come in a Coach with me to my House. He immediately went to Bed, I gave him a Dose of Water. He sweat profusely for, as I remember, twenty four Hours, and his Fever went off immediately.

I think it is indifferent, whether we use Pump, or Well, or River Water, so it be clear and sweet. I generally use Pump Water, because nearest, and easiest to be had, and the New-River Water is often not so clear and sweet.

As to the Quantity, I find half a Pint will generally serve to sweat a grown Child. A
Pint,

Advertisement.

Pint, a Man, or Woman, tho' if they take a Quart, I believe it not the worse, but rather better. In Fevers with Eruptions, as the Scarlet Fever, Small Pox, Measles, the Water will not make the Patient sweat, but will so quell, and keep under the Fever, that the Eruptions will more easily and kindly come out. I do not reckon the Plague among those Fevers that are always attended with Eruptions, but (as most Physicians do) among the malignant Fevers, only in an higher Degree. And therefore (tho' I never had Opportunity to try) I verily believe cold Water will cause a Sweat (if given at the Beginning) in that, as I know it will in other malignant Fevers.

N. B. When People are well, the Water will not make them sweat, nor in a gentle Cold, nor, as I have said, in a very light Fever: I hear some try in these Cases, and report there is nothing in it.

Written by the same Author,

Arianism not the Primitive Christianity : Or the Antient Fathers Vindicated, from the Imputation of being favourable to that Heresy. Designed as an Answer (in Part) to Mr. *Whiston's* Primitive Christianity Reviv'd. By *John Hancock*, D. D. Rector of *St. Margaret's* Lothbury, London, Prebendary of *Canterbury*, and Chaplain to his Grace the Duke of *Bedford*. Second Edition. London ; Printed for *R. Halsey*, in *St. Michael's* Church-Porch in *Cornhill*. Price One Shilling.

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Febrifugum Magnum, &c.



T may (and perhaps justly) be wonder'd, that I, who am not a Physician, should pretend to give any Directions about the Cure of any Distemper ; much more Fevers, which have hitherto nonplust the Skill of the greatest and best Physicians, both ancient and modern, inso much that there has not yet been found out any Remedy that will certainly take off a Fever. . . *Borelli*, in his *Short Discourse of Fevers*, tells us, That many learned Physicians have confessed, they did not understand either the Cause or Cure of Fevers: And therefore it would be no Wonder if he himself should be mistaken in his Account of them. . . Almost all

Writers in Physick tacitly own this. Dr. *Pitcairne*, *El. Med.* p. 88. speaking of the Remedies against Fevers, and particularly Bleeding, and in Effect owning the Insufficiency and Uncertainty of them, If ever it happen, saith he, that any one knows a Medicine that will speedily take off the Rarefence of the Blood, and lessen its Motion, without any dangerous Symptom following, then Bleeding will be needless. Indeed he says just after, That Sudorificks are not easily and too soon to be given, 'till the Signs of Concoction appear in the Urine; because they so much increase the Motion and Rarefence of the Blood, that it will not soon be got off. And the same Caution is given by many other Physicians. But I find they had no Notion of any but hot Sudorificks; and of them the Observation is very true: And I am afraid they have kill'd more than they have cured in Fevers, since the *Arabian* Physicians brought them in, for there is little in *Galen* and *Hippocrates* about them. Dr. *Sydenham* complains of the Boldness and Indiscretion of Nurses, and some Physicians, in giving so many hot Cordials in all Sort of Fevers, in forty Places of his Works; and imputes the most dangerous Symptoms in all Sorts of Fevers, to the too common Use of them. Dr. *Friend*, in *Hipp. de Morb. Vulg.* says, They are not yet sufficiently discarded; and that only the more moderate Sudorificks and Cordials should be used. Dr. *Mead*, *cap. ult.*

De

De Imp. Sol. &c. in the Case of Nephritick Pains, says, We must have a Care of hot Things that irritate the Blood, *propter febriculam comitantem*, because something of a Fever comes with them. And therefore I think that great Man does well, in his last Chapter of the Plague, to declare at least that he is not fond of those flaming hot Cordials and Sudorificks, when he advises the Boiling of *Virginian Snakeroot* in a good Quantity of common Water, for a Sudorifick in the Plague. For tho' the Root be very hot, yet it may be good and safe, when given in a Quantity of a cooling Liquid.

I could easily prove there are such Cautions interspers'd on several Occasions, in the greatest Physicians that have wrote, from *Riverius* down to *Dr. Sydenham*; who, as far as I know, broke the Ice, as to the cool Regimen. This makes me wonder that no Body should be jealous of them in the Plague. I think I can dive into the Mystery. Most Physicians in their Writings (and particularly *Dr. Willis* most expressly) distinguish between the Fever and the Malignity, or Poison or Venom; and that the last is chiefly to be attended to, in all malignant Fevers: And that those hot Medicines, tho' they may be dangerous, as Sudorificks, and increase the Fever, yet they are absolutely necessary, as Cardiacks, Alexiterials, Alexipharmicks, to resist and quell the Poison. But I fancy I shall make it probable,
That

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That the Poison in malignant Fevers, is easier and safer to be drowned and absorbed in proper cooling Liquids, than burnt up with hot fiery Medicines. And that the Fever, if not look'd after (and which will certainly be increased by these hot Medicines, unless they be attended with some considerable Evacuation) may turn the Juices of the Body to little better than Poison. For as of all corrupted Juices that turn to Poison, Animal Juices are the worst; so I firmly believe, that the Humours of our Bodies, some of them at least, by long Stagnation, and particularly in violent Fevers, may be raised to that Degree of Putrefaction, as to be as bad as the Poison of Toads or Serpents. And that almost any Fever, may either by the ill Disposition of the Humours of the Body, or by Mismanagement, be raised to an high Degree of Malignity; nay, sometimes to the Plague it self.

Many Writers confess the Ancients gave Water in Fevers: But their wiser Sons left it off. *Riverius* says it must be used with Caution. And some object, That such cooling Things beget Obstructions: Which is, I think, only quite contrary to Truth. For I fear most of the Obstructions of the Canals, in the Bodies both of Men, and those that are peculiar to Woman too, come from a preternatural Heat, and Driness of the Blood and Juices. For Liquids must promote Circulation more than their Contraries. And the Blood would not circulate

circulate at all, if the Principles of its Composition, whatever they are, did not stote in a due Quantity of Serum. And 'tis the Drying up of this by the feverish Heat in all Fevers (whatever there may be more in malignant ones) that makes the Blood viscid, and so unapt for a free and natural Circulation.

'Tis certain that the Ancients prescribed Water in Fevers. *Galen* advises to let Blood 'till the Patient faints, and to drink Water 'till he look pale with drinking it. Neither of which I believe is good ; as to the second, 'tis very sure, the Blood may be too much diluted, as well as too little. And I have found by long Experience, That no more than a Pint of cold Water, given in Bed, the first or second Day of the Fever (especially if the Person have not been much used to drink Water, if he have, more must be given) will procure as plentiful a Sweat as is needful ; and with much more Ease than any of the hot Sudorificks. But of that more hereafter.

Hippocrates, Lib. 3. De victus ratione, says, If the Fever proceed from a *Plethora*, or Fullness of Blood and Humours, nothing but Water is to be given for Three Days. This I believe would do more to reduce the Blood to its natural State of Circulation, than taking away Six or Eight Ounces of Blood. Tho' *Dr. Pitcairne* says, Bleeding both promotes the Circulation, and takes away the Viscidity of the Blood. It promotes the Circulation,
in

indeed, while the Blood is flowing, but he himself is forced to confess it flags the more afterward. And as to curing its Viscidity, I confess I have no Notion, how parting with Six, Eight, or Ten Ounces of Blood, can much affect the Viscidity of the Blood, all over the Body. But of that too more hereafter.

Here 'tis necessary, that I who pretend to ground my Account of the Cure of Fevers, only upon a chance and accidental Experience, that happened to my self (as I shall shew more in the Account it self) should say something of the great Hope, that some very great Men seem to have, from the Principles of the newest Philosophy, of reducing Physick to a proper and true Science, grounded upon as certain Demonstration as is to be had in Geometry, or Arithmetick; and of making this the distinguishing Character of a learned from an ordinary Physician. *Mechanick, a Mechanical Account, &c.* is the Word.

Bellini, indeed, is modest, and puts his running Title only *De Febris*; but his Translator, to humour the Age, and I suppose to make his Translation sell the better, makes his running Title, *A Mechanical Account of Fevers*. Indeed I can see nothing Mechanical in all *Bellini's* Discourse of Fevers, but a long and dark Discourse of a certain *Lentor* (another fine new Word) something he knows not what, that in Fevers obstructs the Circulation of
of

of the Blood. He does not tell us what it is, whether the Viscidity, or (as some suppose the Cause to be in malignant Fevers) the Grumosity of the Blood. Nor does he tell us plainly whence he thinks it comes, only in one Place he seems to hint, that he thinks it comes from the Bile. This Lentor, be it what it will, though it in some Measure sticks to the Sides of the Canals, yet moves by a slow Motion, and when it comes to the Capillary Arteries, makes the Paroxysm in intermitting Fevers, and according to its more or less Fluxility, is more or less Time before it returns again to the Capillary Arteries, to cause another Paroxysm, while the more Fluxil Part of the Blood in the Canals makes many Circulations. This is a very dark Account, and has little of Mechanism in it, but what depends on the known Circulation of the Blood, as indeed every Account I have yet seen, of the regular Return of the Fits in intermitting Fevers, is to me very dark.

Bellini indeed gives the largest Account to be found perhaps any where, of the Antecedents, Concomitants, and Consequents of Fevers; but with so little Distinction, that there is no knowing this or that particular Sort of Fevers from them. And every one can tell in general by the Heat and Motion of the Blood, when they are in a Fever. I do not blame him for this, for I cannot find that any Authors fix upon any Pathognomick

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Signs of this or that Fever, till they appear of themselves, as in the Small Pox, Measles, Scarlet and Miliary Fevers; the Pleurisy, Squinancy, Peripneumony, Erisipelas, &c. And therefore I think the more or less violent Symptoms, in the Beginning of Fevers, come only from the greater or lesser Degree of the Fever, and not from the Kind of it. I think I have seen as violent Symptoms, in the cold Fit of a Tertian or Quartan Ague, as, according to the Descriptions I have read, are supposed to attend the Plague itself. I think further, we are not much the wiser for *Bellini's* constant Observation, that Fevers come from the vitiated Quantity, Quality, or Motion of the Blood: If the Blood be either too much, or too little, or corrupted and vitiated in Quality, the Motion will be vitiated too.

I wish the Mechanical Men good Success; for no Body would be more glad to see Physick, both in Theory and Practice, reduced to Demonstration, than I would be. But I am afraid we must still be content to depend upon now and then a little Experiment, which sometimes informs us of Things we never did, nor never should have thought of in our Lives; such as mine of Water curing Fevers by Sweating is, which I was about thirty Years ago as far from thinking of, as I am now from thinking I shall find out the Longitude. Indeed we may reason a little upon our Experience,

perience, and Reason will help us to apply our Experience to parallel Cases ; but then we must be pretty sure the Cases are parallel, and that we do not carry our Reason upon Experience too far, lest it leave us in the Lurch.

There have been several very ingenious Books wrote of late about the Animal Oeconomy, about Animal Secretion, &c. We have Mechanical Accounts of Fevers, of the Non-naturals, &c. but these are not enough to raise Physick to a demonstrative Science, equal to Geometry ; they must farther give us a Mechanical Account of the Blood, of what Principles it is compounded, and what is the true Proportion and the just Mixture of the several Principles in its Composition. They must give us a Mechanical Account of all the common Humours and Juices of the Body ; they must tell us how and where they are secreted from the Blood, and how and where they return into it again, or at least stagnate in it, and thereby corrupt it. We can easily understand the Arteries and Veins, because they are continued, and where the Artery ends, the Vein begins. But we should wish to have a clearer Account of the Nerves, what the Animal Spirits are, whether such hot and fiery Particles as they have been suppos'd to be by some, and must be suppos'd to be by those that think, as many have done, that those hot Things that have been call'd

Cordials, and other spirituous Liquors, are so necessary to keep up the Spirits, that a Body can hardly be without 'em; or whether the Animal Spirits are a fine liquid Juice, as those (and I think more truly) seem to suppose, who as they mostly express themselves, make the Animal Spirits, and the Nervous Juice, at least the finest Part of it, all one. They must tell us how and where these are deriv'd from the Blood in the Brain, into the Nerves there, and so to the rest of the Body. Then they must give us a Mechanical Account of all Distempers, and if they will do it in Fevers, I'll pardon 'em the rest. There are a great many Rationale's of Fevers by eminent Men, as Mechanical as any can be given from Geometry or Algebra, Mechanics or Hydrostaticks. These cannot all be true, but may, for ought I know, all be false or imperfect, and insufficient. All those, as I said, are as Mechanical as any they can bring, for they all suppose Matter and Motion (and if there be an universal Principle of Attraction, that must be there too) and they all depend upon, and suppose the Circulation of the Blood, which is Mechanical. I had indeed forgot to except *Vanhelmont's* fanciful Account of the Cause of Fevers, his *Archeus* that inhabits in the upper Orifice of the Stomach, and when any Thing offends him, like a surly Master, or a scolding Mistress in a Family, sets all in a Flame, and disturbs

sturbs the whole Animal Oeconomy, that is, causes a Fever. But if there be such a testy old Gentleman in the Mouth of the Stomach, I have found, if you put him to bed, and pour a Pint of cold Water on his Head, he will be as quiet as a Lamb.

Well, we'll suppose all this done, and done Mechanically, and to a Demonstration. What are we the better, unless we can demonstrate, what will be effectual to keep the Animal Oeconomy in order, to cure all these Diseases, to promote the several natural Secretions, and to stop all the Excesses of 'em. And to mention no more, to cure all sorts of Fevers, that two Parts of three of the World die of, or their Consequents. Well, when all is done, these Gentlemen must travel into the Animal, the Mineral, and Vegetable Kingdoms, and tell us by their Mathematicks, if they can, what are the proper Remedies for the several Distempers of the Body of Man; and shew, if they can, the Virtues of all Simples by Attraction, and specifick Gravity. And if they can but find us out the Tree of Life, the Business is done.

Dr. *Pitcairne*, who seems to be as much attached to the newest Philosophy as any Man, and in one Place promises great Things in Physick from it; yet freely confesses in several Places, that all, as to Practice, is Experience and Observation, and not Reason and Demonstration. And calls Medicines the Memory

mory of what has been found, by others or our selves, to be good or bad in such and such Cases; and proposes it as a *Desideratum* in Physick, to find some Remedy that will at once take off a Fever.

He likewise spends a whole Oration in proving, that the Physician has little to do with Philosophy of any kind, either the Old, or the New, (and whether he do or not) he ought to say the newest too. In Effect, that if he be sure of the *Hoti* from good Experience, he need not trouble himself about the *Dihoti*. That he may cure a Distemper, without being (at least demonstratively) sure either of the Cause of the Distemper, or the *Rationale* of the Operation of the Medicine. And that a Physician ought not to be a Slave to any Hypothesis: And consequently that he ought not to depend upon any Reasonings (as he asserts in many Places of his Works) between Men of several Philosophical Opinions, applied to Physick, that have been disputed, and perhaps will be to the World's End. Which is as much as to say, we must regard plain Experience with some little Reasoning upon it, and not Reason without Experience. This is the Way in all true Philosophy, and so it must be in Physick.

And here I cannot but say (as I think) that in Physick, we with all our Philosophical Hypotheses are got but very little further than the old, *Calidum & siccum, frigidum & humidum,*

dum, calidum & humidum, frigidum & siccum, of the Antients : In short, the primary sensible Qualities : Which tho' perhaps we know not exactly what they are, yet we know when we find 'em, that hot and dry Distempers are to be cured with cooling and moistening Remedies, &c. If this Rule had been observed, our Physick Books would not have been stuffed with such a vast Number of laborious Compositions of the hottest Simples, for the Cure of Fevers, under the specious Names of Sudorificks, Cardiacks, Alexipharmicks, &c.

But it may be said, to what Purpose is all this ? I answer, I design it for no Body, but my self. I am going to propose a Thing to the World, very much out of the common Way. I am no Physician, and but a Smatterer in any kind of Philosophy. Only I think my self capable of Judging of a plain Experiment, and of Reasoning a little upon it. I depend upon my own Experience, as to the Certainty of what I propose. As to the Truth of the Experiments I have made, the World can have but my solemn Word for it, and I give them leave to believe me, or not, as they please. As to my Reasonings upon it, as to some other kind of Fevers, of the Cure of which I have had no Experience, I desire no Body to regard 'em, any farther than they think the Case is parallel. I believe, as I have said above, that our Reasonings are very short, and dark, and far from demonstrative, in this as in most
Philo-

Philosophical Matters: And that Physick has little to do with Geometry, except perhaps in some very few Cases, and Parts of it.

I intended something of this kind six Months ago, and then designed speedily, without looking in any Author, to give the World a very short Account of my long Experience as to the Cure of several sorts of Fevers, and my firm Belief, that the Remedy, if used in Time, as I would direct, would cure the Plague; as 'tis well known by many I have, upon Occasion, declared almost this twenty Years: But going to draw it up, I found I had forgotten the most common Terms in Physick, the very Names of the most common Simples and Compositions, and other Things, and that I should be forced to talk more like a Fool than a Physician, unless I took some Time to read a little. For the first seven Years of my Studies, I read, I believe, as much of most Parts of Physick, as most did that never had a Thought of making a Business of it; but when I took Orders I wholly left it off. I had then a pretty good Collection of such Authors as were then well thought of, but after that, seldom or never meddled with them; and for near this thirty Years past, I have not had a Physick Book by me to read, having given what I had, with some others I bought, to my Son a Physician. The World needs not wonder then, if after fifty Years intermission of reading any Thing
almost

almost in that Way, I do not talk so well of Matters that occur as might be expected, and I hope that will be some Excuse for me.

I never till within these few Months had the Curiosity to read over Dr. Sydenham's Works, which came out some Time after I had left off reading any Thing of that Kind. Tho' I bought 'em for my Son, and heard often in Conversation that he had brought into Practice, a new and cooler *Regimen* in the Cure of Fevers; yet I may truly say, I never read ten, I think not two Pages in him, which shows I am a Man of very little Curiosity. I have within these last six Months, read him over with some Attention, and a great deal of Pleasure. We are apt to be pleased (poor self-opinionated Creatures that we are) with Things that agree with our own Notions. He writes like a very humble, and modest Man: Confesses his Ignorance of Causes in many Things where others from their several Philosophical Hypotheses, determine dogmatically enough. I find his Praxis, as to acute Distempers, lies in a little Room; Bleeding very often, sometimes, tho' very rarely, Blistering, and that only as far as I remember, when the Head was more than ordinarily affected, low Diet, plenty of innocent Liquids, now and then a quieting Draught, especially after Evacuations. Sometimes gentle Vomiting, Purging very rarely. And in extreme Cases

C

Spirits

Spirit of Vitriol. And lastly, sometimes he is, contrary to his own Hypothesis, forced to fly to the hot Cordials, from an Opinion he had, that the Fever must not be brought too low, lest Nature should not be able to throw out the morbidick Matter, which I believe I shall shew before I have done, is a vain Fear.

I have lately light on a Book, I have inquir'd for this twenty Years, *Vander Heiden de Aqua frigida, sero Lactis, & Aceto*. He commends cold Water for several Distempers, some of which I may have Occasion to mention in this Discourse: but I find nothing in him, of giving Water as a Sudorifick in Fevers. Only in the latter End of his Book, he says, he would not discommend a Man, that would give it as a Ptisan in Fevers.

Indeed I have looked into a great many Physick Books, both Antient and Modern, so far as Indexes will carry me (for I cannot be supposed to have read many of 'em in a few Months time) and cannot find the least hint of my Notion, and so can produce no Authorities.

And now I am sensible, I shall expose myself to the Displeasure of some, and the Contempt of many, and well I may expect it, when the great *Sydenham* speaks so often in his Books, with such dread of the Censure he was like to undergo, for recommending the cool *Regimen* in acute Distempers. I shall
cite

cite some Passages out of his Works, without in the least comparing my self, who am no Physician, to that great Man, who was one of the best of his Time.

In his Epistle to Dr. *Brady*, page 8. he declares he thought it a greater Happiness, to discover to sickly Mortals, a certain Cure of any one Distemper, than to heap up the Riches of *Cræsus*.

Page 352. *De morbis acutis*, he declares that had it not been for his Love to Mankind, and his Desire to do Good, he would never have wrote what he did, at the Expence of his own Reputation, which he saw must suffer from the Novelty of his Notions.

And Page 93. In his Discourse of intermitting Fevers, having confessed, that he could not cure autumnal quartan Agues, and the Insufficiency of the Bark to do it, if any one should happen to have any Specifick that will certainly cure it, he will scarce allow him to be a good Man, if he do not discover and divulge it. My Design is only to carry on, and a little improve the cool *Regimen*, which I verily believe is the right in acute Distempers.

I believe we have now a Set of as learned and good Physicians, as ever we had, or perhaps ever shall have, by any of whom I shall take it as an Honour to be civilly corrected.

About Seven or Eight and Twenty Years ago, I had a terrible Fit of the *Faundice*, and

The Occasion of trying Water in Fevers.

a great *Fever* with it, and such a Cough, that I was forced to sit up Eight Weeks together, or must have been broke to Pieces; as it was, my Lungs were broke, and I coughed up a deal of Blood, and for the last Fortnight, I got up Phlegm, in considerable Quantities, as black as my Hat. All the Physicians that saw me gave me up, and some of 'em would visit me but once. But it pleased God, beyond the Expectation of all, I got through it; tho' I was very ill and weak all that Year.

The next Spring, as near as I could remember, the same Week in *April*, the *Faundice* came again, with a violent Cough. Then I confess I was afraid, by reason of the Breach in my Lungs, I should not get through it. I met with a Friend, that advised me to take a little Powder of *Yellow Amber* in half a Pint of cold Water. I took it, and found my Cough stopt immediately. The first Thought I had was, it could hardly be the Amber, but the Water, that must do it so soon. Some Hours after, when my Cough grew troublesome, I took half a Pint of Water, without the Amber, and found it had the same Effect; when I went to bed I drank a Glass of Water, and set another by me to drink after my first Sleep. I slept quietly that Night, and in the Morning found my self in a fine easy gentle Sweat, cooled my self a little, got up, and was much better. I continued to drink Water several Times
that

that Day, and the Day after, and found my self both Mornings after in a gentle Sweat, and was still better. And the fourth Morning was not in any Sweat at all, and was well, the Cough, the Fever, and Jaundice gone.

I have had Experience of the same Method, *Good in*
in Fevers as malignant as they can well be *Malig-*
supposed to be. *nant Fe-*
vers.

I had a Son of my own, that betimes in the *An In-*
Night fell ill, as his Brothers who lay in the *stance.*
same Chamber with him told me after, he had
such Tremblings and Shiverings, that the very
Bed shook under him most Part of the
Night. They (as Children use to do) told
me nothing of it : In the Morning he got up
and came down ; in half an Hour's time he fell
down in such a Condition, that we thought he
would have died on the Spot. We carried him
up to Bed ; as soon as he was come to himself,
I made him drink half a Pint of cold Water.
He in a little Time fell into a plentiful Sweat :
He sweat all Day long, in such a manner as I
have seldom ever seen any one do. At Night
his Sweat went off ; he had sweat so as not to
drench his Shift and the Sheets only, but the
very Bed under him. We shifted him care-
fully, and the next Morning he seemed to be
very well, and began to call for Meat ; we
kept him up for two Days. The next Morn-
ing after he was so well, that I thought he
might come down, he did so. But the two
Doors of the Entry happening to be open, and
the

the Wind very strong, it happened to blow so violently upon him, that I believe he took Cold; for in an Hour's time, he fell as ill almost as before. I put him to Bed again, gave him cold Water as before: He sweat upon the Matter, as violently as before. At, or sometime before Night, the Sweat went off. We took Care of him, and the next Morning, without Sweating at all in the Night, he was very well again. We kept him up four or five Days, he eat his Meat well, and went abroad without taking any Physick, and without any Inconvenience following upon it. Which I think is a pretty good Sign, that this sort of Sudorifick not only carries off the Fever, but at the same Time clears the Stomach too, sooner and better than any hot Sudorifick will do.

*Another
Instance.*

I shall give another Instance, I think more remarkable than this, of cold Water taking off a Fever, that in probability would have been a most malignant one.

There was a Woman in our Neighbourhood that fell ill, and died of a most malignant Fever. The Women that came about her, stick'd not to say, it was little better than the Plague. Her Husband then kept a Coffee-House. There was an Acquaintance of mine, to whom I had told my Experience (which I often did to several, tho' few regarded it) that was then drinking a Dish of Coffee at his House. The Man while the Clergy-man was

was there, fell ill with the most violent Symptoms that use to happen in the Beginning of malignant Fevers. The Man own'd himself to be much worse than his Wife was, when she began to be ill, and said he should certainly die. The Clergy-man perswaded him to go to Bed, and said, he thought he could cure him ; the Man thought he banter'd him, but was at last perswaded to go to Bed. He brought him up a Quart of Water, and made him drink it off. He fell into a violent Sweat in a little time, sweat all Day, and the next Day was well.

As to other common Fevers if used in time, it will take 'em off with the greatest Ease and Certainty that can be. It has been so often, and is so constantly used in my Family, when any Thing like a Fever happens, that I may communicate to the World these Observations concerning it.

1. That in common Fevers, sometimes the Dose of Water will not make 'em sweat, but will put 'em in a gentle Heat, and flush 'em, and lying two or three Hours in Bed, the Fever is over ; and they may get up, and without any danger at all go about their Business. When this is the Case, I think I may conclude, the Distemper was only a *Febris Ephemera*, or a simple *Synochus*, that (as is often the Case) would have gone off of it self, in one, two, three, or four Days.

2. Sometimes the Patient will sweat much, but not so plentifully, nor so long, as in
the

the Cases I have before described. When this happens, I am apt to conclude, the Distemper would, if not taken off, have come to be a stated Fever, either what Physicians commonly call a putrid *Synochus*, or *Causus*, or the like.

3. Sometimes the Patient will sweat most plentifully, and even profusely, as in the Instances before mentioned. And then I think I have Reason to believe, the Fever if not taken off would have been of the malignant Kind.

But still I am pretty sure, from long Experience, that a Dose of cold Water in Bed, will take off any of these sorts of Fevers, if given in Time, *i. e.* the first or second Day, or for ought I know the third or fourth, but that I have never tried, nor would I have any Body else do it. He is no very wise Man, that hears what I assert and believes it, that will neglect it too long, and make an Experiment upon himself, or any Body else.

4. There is no Occasion in this Method of Sweating, to add any Covers more than the Patient commonly lies under, at least I never order'd it to be done, nor do any of my Family use to do it, more than perhaps some of their wearing Apparel to keep it warm against they get up. Whereas it is common for People in Sweating to double their Covers, and bind their Heads, to make 'em sweat.

5. From

§. From thence it appears, that this is the most easy and kindly Sweating, and that it offers the least Violence to Nature, and does no hurt whether the Patient sweat or not. And consequently more safe and effectual than either any of those violent Sweats, that in the beginning of some Fevers come of themselves, or any of those that are forced by hot Sudorificks. And indeed there is so sensible a Difference between a Sweat produced by the hot Sudorificks, and what I propose, as nothing can be more. In the Case of the hot Sudorificks, before the Sweat appears, the Blood gallops through the Vessels, and greater Heat follows thereupon, and the Fever is for the present certainly increased, if not the Blood more corrupted, so that if the Patient do not afterwards sweat very plentifully, it may be a Question (and has been often with me) whether the Fever be not as much increased by the Heat of the Sudorificks, as it is lessened by the Sweat that follows 'em.

A great Difference between a Sweat by hot Sudorificks, and that by cold Water.

But in the Case of Sweating by cold Water, the Fever is so quell'd, and the Pulse beats so easily (tho' a little lower than the natural Pulse) that if a Physician were call'd in at that Instant, and were told the Patient were in a Fever, he would not believe it. And when he found the Patient in a Sweat, would be apt to suspect he had some new Distemper, that he had heard or read nothing of; and the Patient lying under no

more Cover than he used to have, and having very little preternatural Heat upon him, undergoes the Process without any Fatigue, with ten Times more Ease, than he could do with the same Quantity of Evacuation by Sweating, from any of the hot Sudorificks. And after the Sweat from the hot Sudorificks is over, there will remain such an Heat and Dri-ness in the Patient's Blood, and such a Drought in the Man as is troublesome. On the contrary, when the Sweat from this cool Sudorifick is done, the Patient will be much what as cool and easy, as in his natural State of Health.

Within a Year after I took Orders, I was Curate in a great Parish eight or ten Miles over, with a pretty large Market Town in it, where the common Mortality was about three Hundred, when Fevers or Small Pox were Epidemical four Hundred or more. By frequent visiting those in Fevers, tho' I never wrote a Bill in my Life, I had Opportunity of observing what was done, and with what Success.

*Blooding,
Vomiting,
and Bli-
stering of-
ten ineffe-
ctual.*

And I so often observed, that when the Physician, practising Apothecary or Surgeon, was sent for pretty betimes, and Blood-
ing, Vomiting, and Sweating administred, one would think not too late, yet the Fever went on, got Head, and often proved mortal, that I could not but pity the Condition of us poor Mortals. I had even then an Opi-
nion,

nion, that Sudorificks were the most proper Cure for Fevers. Why I thought so, I do not well know ; for as I have said, they so often fail'd, that I saw they were not to be depended on. But that Fancy running in my Head, was the Occasion of my observing, and thinking of the Experience I am now communicating to the World. And I here solemnly tell the World, that what I have now proposed, the taking off Fevers by Water, has never fail'd me yet in those Fevers I have already mentioned ; and if the Cause of the Fever lie in the Blood and Humours only, and there be no Fault in the solid Parts, or in the Vessels and Canals of the Body, I believe never will, if taken in Time.

The Method of Sweating by cold Water never failed the Author yet.

I have likewise had some Experience of the Cure of Agues by Sweating with cold Water. I have verily thought this twenty Years as I do still, that if when a Man in an Ague first apprehends the cold Fit a coming on (as every one can feel that) he would go to Bed, and drink off a Pint, or rather at several Draughts a Quart of cold Water, if not at the first, yet at the second or third Fit, it would take it off ; and that surer and safer from ill Consequences, than the Bark it self. The Bark is a noble Medicine, but every one knows that it seldom does the Business in Quartan Agues, and not always in Tertian ; and if it do not do Good, the long taking of it must do Hurt ; and for this Reason, I doubt not Dr. Syden-

The Author thinks cold Water will cure Agues sooner and safer than the Bark.

ham cautions against trying it too long. There are Instances enough, where the long taking of it, has had little Effect, but to spoil a good Constitution.

I had a Son, as clever and healthful a Man as most are, that going on occasion to live in a low, moist Country, got an Ague; he trusted to the Bark for the Cure of it, for half a Year together. But whether it were the bad Country, or the bad Ague, or the bad Bark, or the long taking of it, if it were good, he never after was a healthful Man. However I believe, it is easier to get good Water, than good Bark, and I hope by what I have said, I no more disparage the Bark, than Dr. *Pitcairne* does by preferring *Camomile* Flowers before it. I have told several of Water for the Cure of Agues, but do not know, that ever I prevailed with any to try it, till lately.

a *Instances of it.*

About eight Months ago, I met with a worthy Dignitary of our Church. We were talking, as most People have been apt to do, of the Plague in *France*. I was telling him of the long Experience I had, of curing Fevers by Sweating with cold Water; that I had an Opinion, that it would cure the Plague if taken speedily, after it seized a Person. And I think I might say, I believed it would cure Agues, if taken in Bed at the Approach of the cold Fit. It seems he then had an Ague; he said nothing to me, but the next
Time

Time his Fit came on, he went to Bed and took it. It made him sweat plentifully, for (as I remember he said) eight or nine Hours together. He took care of taking Cold, and had no more Fits of his Ague. This Account he gave me himself.

The other Instance I had from a Person of Quality, with whom I had often discoursed of my Experience in this Case. He told me he met a poor Man in the Street, who looked pitifully, I suppose he gave him some Charity; and inquiring what made him look so ill, the poor Man told him, he had had an Ague for half a Year, and that it had brought him very low. The Gentleman advised him, the next Time his Fit came on, to go to Bed, and take such a Quantity of cold Water, and directed him what to do.

Some Time after he met him again, and the Gentleman finding he looked well, inquired of him, whether he had done as he directed him. The poor Man told him he had, and that it took off his Ague at the second Fit, that is, at twice taking it. I had this Account from the worthy Knight himself.

As to the Cure of Quartan Agues, I have no Experience, but I as verily believe, that such a Quantity of cold Water, taken as I have directed, would in some Time cure the most obstinate Quartan, as if I had seen it, tho' I cannot so positively assert it. And that there is nothing commonly known, that would

*Soprobably
Quartan
Agues.*

The Author's Opinion that Water is a most powerful Apervient.

Drinking Water on the well Days good.

Leave off the Water when you sweat.

would do more good in this Case, or if it should fail of curing, do less hurt than this. Take it as often as you will, whether it work the Cure or not, I durst pawn all I am worth, it will do no Body any Harm ; and that I may say it once for all, I believe it to be the most innocent, and yet most powerful Aperient, unless we may except *Mercury*, but infinitely safer than that. I insist much upon the Quantity, as well as Quality of Medicines, in this Case of opening Obstructions. It cools the Blood, promotes its Circulation ; where it does not sweat, promotes insensible Perspiration, creeps by the Fineness of its Parts into the minute Vessels, and Capillary Arteries, cools and dilutes the Humours that beget Obstructions, imbibes and absorbs the noxious and tartarous Salts, that are apt to stagnate in the Capillary Vessels, and carries them out with it self by insensible Perspiration. But I have said enough, and some will think too much. I have nothing more to add, as to the Cure of Agues by Water ; but that I believe, if the Patient would upon the well Days drink two or three Times a Glass of cold Water, or if he drank nothing but Water with a little *Canary* in it, it would further and speed the Cure ; tho' I believe the Business may be done without that.

I should here once for all put in this Caution, that in your taking Water to make you sweat in Fevers, when you begin to sweat

you

you must leave off the Water. If the Quantity I prescribe do not produce a Sweat, you may take more Water by small Draughts without any danger. Tho' I never yet knew the Quantity I mention fail, unless the Fever be so slight as it would go off of it self, and then there is no need of Sweating.

During the Sweat, 'tis convenient to give the Patient sometimes a little thin Water-gruel, the thinner the better, and but just boil'd up once, for the more you boil it, the more viscid you make it, and consequently worse for the Intention. *Give thin Water-gruel while you sweat.*

And here I would give one Caution to those that make use of the hot Sudorificks, such as *Methridate, Venice-Treacle, &c.* I am bold to say, unless they pursue 'em with a good Quantity of innocent warm Liquids, they do more hurt than good in Fevers. *Innocent Liquids necessary with the hot Sudorificks.*

Sage Posset-Drink is commonly given in the Beginning of Fevers, by way of Refreshment, and with the Intention of promoting Perspiration. I am very well satisfied, neither that, or any other hot Herbs do it, unless given in such a Quantity of Liquids, as to force a Sweat. All such hot Things only heat the Blood, and dry up its *Serum*, and consequently are so far from helping, that they hinder Perspiration. I have the same Opinion of Sack-whey, as it is commonly given, so much of it and so often; and therefore were I to practise Physick, I would order the Milk to be *Without these, hot Things, i. e. potentially hot, bad in the Beginning of Fevers.*

be turned with Juice of Lemons, and a less Quantity of Sack. I know the Pretence is, that they are Cordial, that is the best Cordial that best promotes the natural Circulation of the Blood. And that may be a good Cordial for a Man that's well, that is not so for a Man in a Fever.

*Water
good in Fe-
vers with
Eruptions.*

I now proceed to communicate the Experience I have had of Water being good and useful in those Fevers where there are Eruptions, such as the *Scarlet Fever, Small Pox, Measles, &c.*

*Scarlet Fe-
ver.*

As to the *Scarlet Fever*, the first Experiment I ever made of Water in Fevers was in this. When I had (as I have said before) found that the drinking of Water, when I had the Jaundice, and a violent Cough, and (as there is always more or less) a Fever with it, gave me a gentle Sweat for several Mornings, I began to reason from that, and partly believed, that Water might be good in Fevers, and that if it would give a Sweat in the Beginning of a Fever, it might possibly take it off, as I found it had done the Fever that attended the Jaundice. And if so, might possibly not be attended with that Inconvenience, that I had often observed, proceeded from the common Sudorificks, that they not only were insufficient, but often rather increased, than abated the Fever. However, I resolved the first Opportunity I had in my Family (which I thought could not be long without offering it
self

self among nine or ten Children) to try an Experiment of it. About a Fortnight after coming down to Dinner, they told me one of my Daughters was not well, I found she was in a Fever. I told her she must eat nothing, sent her up to Bed, carried her half a Pint of Water, and made her drink it, bad her not throw the Clothes off her. I came down and dined; and in less than half an Hour went up to her, and found her all over as red as Blood with the Scarlet Fever. She had it to an high Degree, I gave her little but Toast and Water, and Water-gruel at a due Distance. I am apt to suspect, had she been treated with the hot Regimen, she would have been in great Danger. Three or four of my other Children fell ill of the same Distemper, but had it more gently. I treated them all after the same manner; they were well quickly, most or all of them before her that had it first: For she was very severely handled, and had not the morbidick Matter been driven out betimes, I am apt to believe, she could not have lived three Days.

As to Miliary Fevers I have no Experience, *Miliary Fevers.* nor did I ever see any one that had such a Fever, as Sir *Richard Blackmore* describes it to be: But by the Description he gives of it, it seems to be a kind of imperfect Small Pox, as the Scarlet Fever may seem to be a less distinct sort of Measles. He says some objected, they were the effect of the hot Regimen.

E

But

But he says, he has seen 'em, *i. e.* the military Spots under the cool Regimen. Not unlikely, for I believe that Regimen would bring more of 'em out, and more kindly than the hot. As perhaps some may think, if they believe what I shall say of the Experience I have had of the Virtue of Water in the Small Pox.

Small Pox. I had a Daughter of my own, the last of my Children that had the Small Pox. She fell ill as I thought of a Fever, with pretty violent Symptoms. I treated her as I used to do in that Case, gave her in Bed a good Dose of Water. I expected it should make her sweat; it did not, which I a little wonder'd at. However, I found in a little Time the Symptoms went off, and the Fever was much abated. I kept her to the cool Regimen; the fourth Day the Small Pox appeared. I kept her to the same Regimen, caused a thin Slice of Bread to be thoroughly toast-ed, without burning it, as the Taverns generally do, put it hot into the Water, which makes a very pleasant Liquor, almost of the Colour of Canary. This was generally her Ptisan, and sometimes for variety Small Beer with a Toast in it, and a little warmed. Tho' that but now and then, for Water is much better, and not half so apt to disturb the Blood, and promotes Circulation and Perspiration much better. At due Distance of Time, sometimes Water-gruel, or some thin
Wa-

Water-pap, for a little Nourishment. I do not remember what Cordial we had, whether any or none. However, a little good Canary, or any other moderate Cordial is not hurtful, if given in such a small Quantity, as may a little warm the Stomach, without reaching so far as much to affect the Blood. The Small Pox came out very thick, but very distinct, and looked very well. I never in my Life saw any one that had more of 'em, more distinct, rose higher, or looked better. She went on very well the whole Time, without any of the common dangerous Symptoms, had no Pain in her Head, no Tendency to a Delirium, nothing like a Coma, nor more Drowsiness than any one might have, that lay in Bed. But that which I most wonder'd at, was that she had no sore Mouth, nor sore Throat; that she slept as well upon the Matter in the Night, as if she had been well, and lay awake most Part of the Day. When the Time came that the Small Pox were to die away, as far as I could perceive she had no second Fever, nor was worse than before, but only a little uneasy from the Soreness. We did nothing at all to her Face. When the Scabs were off, there appeared no disfiguring Seals nor Pits in her Face; and to this Day, unless you look very near, and almost on Purpose, you cannot see she has had the Small Pox; those Pits that are, are so little as not to be discern'd in

common Conversation. In short, I do not remember, that ever I saw any one that had 'em worse, that is more of 'em. I am sure never any with so many, that had 'em better, and was better with them, and after 'em.

I confess I have no other Instance to give, this Daughter being the last of my Children that have had the Small Pox; the rest, all but one, having had 'em, before I knew any Thing of this Method. And 'twas Labour lost to perswade any one to use this Method, it being so much out of the common Way.

*In Fevers
with Eruptions
the
Fever to be
quelled at
first.*

Hence it appears, the Life of the Game in the Small Pox, and I believe in all other Fevers, that are to be attended with Eruptions, is to quell the Fever at the very first; which if it can be done, I dare almost ingage the Eruptions shall be kindly, and without any dangerous Symptoms attending them.

*Blooding,
Vomiting,
and Blistering
will
not do this
so quickly
and safely
as cold
Water.*

I boldly assert, that neither Bleeding, Vomiting, Blistering, nor all together (tho' they may do some Good and no Hurt, but as they lose Time) will so effectually do this, as plentiful Doses of some innocent cooling Liquids; of which I have by long Experience found cold Water is the very best, and much better than either Sack-Whey, Small-Beer, or Small-Beer Posset-Drink (I say Small-Beer Posset-Drink, for that with Strong Beer is dangerous) or any other Liquid that I know of. If any one can find a better, they are welcome to use it.

But

But it may be said, How shall we know when the Fever will be attended with Eruptions, Small Pox, &c? I answer, we cannot, None can know when the Fever will have Eruptions till they appear. Quell the Fever and all will be well. and I think no Physician pretends to it, till they appear, but 'tis no Matter whether we can or no. Take the best Way to quell the Fever, and do that speedily without losing Time, and the Business will go on well. Do but bring the Blood as near as you can to its natural State of Circulation, and all will be well.

I find most Physicians that have wrote of those Sort of Fevers, that are attended with Eruptions, have ran away with a Notion, Most think the Fever must bring out the Eruptions. that there must be a Sort of middle, or moderate Degree of the Fever, to bring out the morbidick Matter, and make the Eruption. And the Fever may be too low, as well as too high; too little as well as too much.

And here I cannot except Dr. Sydenham himself, tho' the Notion be so contrary to, and inconsistent with his Hypothesis, and his main Process in curing acute Distempers, says he, Even Sydenham himself. *Nec nimis gliscat, nec nimis torpeat.*

The Fever must neither be too high nor too low, and to the same Purpose he speaks This a Mistake. in several Places of his Works. But he has in another Place dropt a great Truth not very consistent with the other. *Quo sedatior est Sanguis, eo melius erumpent Pustula:* N. B. The calmer the Blood is, the better the Small Pox will come out. This is, I believe, as true as any Apho-

Reasons.

Aphorism in *Hippocrates*. And may as truly be said of any other Fever, which requires Eruptions, as of the Small Pox. Those that are of the forementioned Opinion, may as well tell me, that Secretions are better made in a feverish, than in a healthful and natural State, when the great Difficulty in a Fever, is to bring the Blood to make its natural Secretions. Nay, any one may be easily convinced of the Falsity of this Notion, from common Observation. As for Instance, in the Small Pox; If the Patient have 'em badly, yet when they come out pretty well, the Fever is much lessened; and if he have 'em gently, none at all, till it may be he have a touch of it in their returning; and yet all the while they rise and ripen very well without the Fever.

The Violence of the Fever hinders the Eruptions, and probably is the true Cause of the confluent Small Pox.

I take this then for a certain Truth, that 'tis the violence of the Fever, where from the Nature of the Distemper there ought to be Eruptions, that either hinders them from coming out at all, and then nothing is to be expected but Death, or makes 'em come out unkindly, irregularly, or untimely, or with dangerous Symptoms.

Some dye the 2d or 3d Day.

Dr. Sydenham I think somewhere observes, if I do not misremember or mistake him, that none ever die of the Small Pox for want of their coming out at all. But I have known the contrary, some that have died the second or third Day, with little white Water Pimples all over them, which probably were to be

be the Small Pox, because they were then in the Family.

There is a Notion or two in Dr. Sydenham, *Two Things in Dr. Sydenham* that I can by no Means think right in the Management of the Small Pox.

1. That he is for keeping his Patient out of Bed, except at the usual Times, as long as he can possibly bear it, to the third, fourth, fifth, or sixth Day. He thinks too much Heat is dangerous in the Small Pox, and so think I too. *not approved. 1. His keeping his Patient out of Bed too long.*

But the Patient may be kept cool enough in Bed, by not laying too many Covers upon him. And I cannot think, but the Small Pox will come out better with a constant mild Heat in Bed, than they will by sitting by a Fire, where one Side burns, and the other starves. But that is not all, the Circulation of the Blood will be much more easy in Bed, where the whole Blood circulates Horizontally, than sitting up, where it must circulate Perpendicular upwards more or less, in many Parts of the Body, and consequently the Blood will have a greater Force in Bed than up, to make the necessary Secretions, and drive out the morbid Matter. And this Difficulty of Circulation upwards is the Reason why some weak People are almost always sick for some Time after their rising out of Bed.

2. There is another Thing no better than this, his allowing his Patient to shift his Place in the Bed often, the Pretence for this is *2. His allowing him to shift his Place in the Bed often.* pre-

*Fresh Air
carefully
let into the
Room some-
times good.*

preventing his being too hot. I cannot but think this dangerous, for if he catch Cold, as I think he certainly will, if he use it often; a greater and worse Heat will follow; and tho' it may please, and make him easy a while, yet he will pay for it afterwards. I like well enough, as some advise, that the Windows should be opened sometimes to let in the fresh Air, which is certainly good for the Patient, and the People too, but Care should be taken by shutting the Curtains on that Side, that it do not blow upon the Patient, while the Windows are open; but it is hard for People, Physicians, or others, to keep the due Mean, without running too far one Way or other.

*Water good
in the
Measles.*

I have Experience likewise, that the giving cold Water is as proper in the Measles, as it is in the Small Pox.

*An In-
stance.*

I had a Daughter fell ill, we thought it would be the Measles; I would have taken her under my Management. But a certain Person in my Family, that had a particular Interest in me, would not be perswaded to it. We sent therefore for an Antient Experienc'd Apothecary, who in those common Cases, must needs know what was commonly given by the best Doctors, with many of whom he was well acquainted, and had been long and often employ'd by them. He gave her several Things, what I do not remember, and came often to her. She continued
very

very ill, - for some Time after he came to her, one Night she was so very ill, that my Wife would not trust her with any Body, but sat up her self, with some Body to assist her. About three a Clock in the Morning, my Wife came to my Bed-side, and awaked me, and told me I must get up, my Daughter would be dead ; I made what Haste I could to her, I found her much worse than my Wife was aware of, and by the best Judgment I could make, she could not live in that Condition three Hours. We concluded to send for the Apothecary, but the Time being unreasonable to send for an old Man out of his Bed ; and I believing, if we did send for him, he would give her nothing, but what was of the same Nature with what he had given her before without Success ; and besides, we being afraid she might be dead before he could come to her, I perswaded my Wife to leave her to me, and to submit to God's Providence, whatever might happen, and to go to Bed. I found she was struggling for Life, and looking on her Breast, I found the Measles were gone in, and were nothing but livid Spots, then I concluded her gone and past Recovery. I fetch'd up a Pint of cold Water, and a small Wine-glass, I gave her a small Glass of the Water, not daring to give her a large Draught, not knowing what might happen upon it. At the Distance of some Minutes a second, and after some Time

Febrifugum Magnum.

a third, and a while after a fourth; I looked on her Breast before I gave her the fourth Glass, and found the Measles were come out again, and looked very red, and rose as high as ever the Measles do. Before the Water she breath'd with great Difficulty, and perfectly struggled to get Breath, and was in a terrible dry Heat, and a kind of Agony. But before I had given her all the Water, she breath'd with great Ease and Freedom; and soon after the fourth Glass of Water, she fell into a quiet easy Sleep, slept four Hours or thereabout, waked pretty well, and never was in any Danger after, but was well in a little Time. By all which I conclude, that if I had given her cold Water in the Beginning of the Fever, she would never have been in any Danger: And that the same plain Remedy might save some, when they are *in Extremis* in common Fevers without Eruptions, and do more to set the stagnating Blood a-float, and produce what is generally wanted in that Case, a kindly gentle Sweat, than the best Cordials that are commonly given; for in Fevers with Eruptions, the kindly coming out of them makes the Sweat needless.

A Dose of Water may recover some that are in Extremis in common Fevers.

Cold Water a good Cure for a Cold; and will certainly prevent a bad Cold from turning to a Fever: And if the Cold be such as would turn to a Fever, will cause a Sweat though there be yet no Fever.

I have had long Experience of curing common Colds with cold Water: I take a Cold to be a beginning Fever, or an Inclination to it, and we find by Experience, they

they often end in it. And these are Distempers no Body can be free from, tho' they should sit in a warm Chamber, by a good Fire, lapt warm, and take as much Care as possibly they can, for when there is a Plethora of Humours, Nature must find a Way to throw 'em off, or a Fever will ensue. There needs no Bleeding, or violent Sweating, as is usual with some People that are over careful of themselves. Let 'em take but a Glass of Water when they go to Bed, and if they please another in the Night, and in the Morning : It will soon thicken, sweeten, and digest that thin Rheum or sharp and acid Lympha, that pricks the Lungs, and provokes violent Coughing, to no Purpose ; for nothing can be brought up while the Rheum is so thin ; and when that is done, when the Phlegm gathers in the Lungs, it will easily come up, and be expectorated without any Danger. I think some Physicians have recommended this with roasted Apples, when we go to Bed. But this spoils the Medicine, the Apples do more hurt by increasing the Acidity and Sharpness of the Rheum or Lympha, than the Water does good by sweetning and digesting it. We had a Lady in our Neighbourhood about twenty five Years ago, had a stubborn Cold ; she was advised either by her Physician, or some Body, to use cold Water with roasted Apples. She used it a good while, and found no Benefit,

nefit. I met with her on some Occasion, ſhe told me the Caſe, I adviſed her to leave the roasted Apples, and uſe the Water as before. And as ſhe told me after, ſhe was eaſed of her Cold in a little Time.

An Experiment of Colds.

And now I am ſpeaking of Colds, I will mention an Experiment I made above fifty Years ago : At twenty one or twenty two Years of Age, I was in ſo bad a Conſumption, that Dr. *Charleton*, who was then at *Crew-hall* in *Cheshire*, and was my Phyſician, gave it out to ſome Acquaintance of his and mine, that he did not believe, notwithstanding what he could do, I could live. I had Reaſon then to be jealous of Colds in that Condition, being uſed to cough with great Violence. I thought of it, and obſerved, that in all Colds ſome ſharp Rheum comes out by the Noſe, tho' the greater Part falls upon the Lungs. I reſolved to try, if I could bring more of that troubleſome ſharp Matter that Way, as thinking it was better to have a ſore Noſe, than ſore Lungs. The next Cold I had, I did nothing almoſt, but blow my Noſe as hard as I could, without bringing Blood, for a Day or two. I continued that Method for ſeveral Colds, and found it came more and more that Way, and ſtill leſs and leſs fell upon my Lungs. At length I found it had the Effect I deſigned, and now for above fifty Years, all Colds with me begin with a violent Flux of Rheum at my Noſe, without any Cough almoſt
at

at all ; and by that Time the Flux that Way ceases, by taking Water as I said before, the Rheum is so thickned, and the acid Lympha so sweetned, and digested into a thick white Phlegm, that I hardly ever cough at all : And the Phlegm comes up when I do, with the greatest Ease that can be desired. I believe any one that uses to be much affected with a violent Cold, and to cough violently, as many do, if they will take the same Method, it will have the same Effect, especially if they be young as I was. If I had not happened to do so, I am afraid the bad Breach I have since had in my Lungs, would have been of worse Consequence than it was.

I cannot find a better Place to tell the World what cured (as I hope it did) the Breach in my Lungs : I cough'd up Blood and bloody Matter for six or seven Years ; sometimes more, sometimes less, and chiefly in a Morning. As I cough'd more or less, I was better or worse all that Day ; when I was very bad, I found I could not walk in the Air up to the New River Head, but I should cough up Blood immediately, so that I was confined wholly to walk into the Town. By which I guess the Country Air, especially upon the higher Grounds, is as bad for some, as the Town Air is supposed to be for others, and particularly for Asthma's. I told this to a reverend Doctor of my Acquaintance, that was very ill of an Asthma, but he would

Coughing up Blood cured by stewed Prunes.

Too sharp an Air as well as too thick, bad for coughing Blood, and for Asthma's.

not

not believe me, but went to live at *Hamsted*, and immediately grew sensibly worse and worse, and in a Month's Time was forced to retire to the lower Grounds, and died immediately. This by the Way. For the coughing up Blood, I took all the Remedies that I could think of my self, or be directed to by others. Particularly I took all the Balsams both Simple and Compound ; and that not once or twice, but for a considerable Time ; I found no Effect of any of 'em (not even Balm of *Gilead* it self) but to clog and spoil a good Stomach. If I found my self better by any Thing I took, it was by Flower of Sulphur, mix'd with old Conserve of Roses, but that was far from working the Cure. The last Thing I took was Dr. *Willis's* Balsam of Sulphur, but that I thought did me rather hurt than good. So I was fully resolved to take nothing more, but commit my self to God, and prepare my self for my latter End, which sometimes, bad as I was, I thought could not be far off. I could make a shift, tho' with some Difficulty, to walk into the Town to a *Coffee-house*, and divert my self with my Brethren of the Clergy an Hour or two. I came home one Night when I was very bad, my Wife asked me, whether I would eat any Supper, I said no. Said she, I have some stewed Prunes, you used to love those ; I consented she should bring some of them ; she brought me a Pint Porringer half full. I eat 'em all
up,

up, I went to Bed, and in the Morning, whereas I used to cough up Blood and bloody Matter three or four Times (which made me very weak) that Morning I did not cough up any at all, nor indeed cough at all. I continued the same Quantity the next Night, and so on ; how long I do not remember, and found my self very well, and recovered my usual Strength in a little Time. I had some Appearance of bloody Matter sometimes for a Year or two after, but upon taking my Prunes, tho' but once, was very well.

I have told this to a great many People that cough'd up Blood, and to some that I never saw before nor since, I believe I have met with half a Dozen that have told me it cur'd them, and some I have heard of by others. *Several cured by this.*

I will add but one Thing more, and that is, that I find by Experience, that taking stew'd Prunes in a Quantity, as I before mentioned I did, when you go to Bed, is the quickest Medicine for stopping a Cough, and taking off a Cold, that ever I met with, and quicker than cold Water it self. *The same the quickest Cure for a Cold and Cough.*

I shall relate another little Story of my own Experience. I know some Readers will think, I am a little too full of my self. That's no Matter, for all that, I will speak what I think. When I was Curate for eight or ten Years in a great Parish, where I read Prayers, and preached twice in a great Church, and *What is the best Refreshment after Labour, and to take off Weariness.*

and to a great Congregation, and had often Buryings and Christenings the same Evening; I was so spent and fatigued, that I very much wanted something to refresh me, and take off my Weariness. I try'd Canary, Malaga, and Tent for many Years, but found by long Experience, that if I took but little they did me no good, and if I drank much they did me hurt. I try'd strong Ale warm'd, but found if I took a large Draught, I was too much heated, and worse for it. I changed that for small Beer well warm'd, and found I could drink a large Draught of that, and be more a great deal refreshed, than by any of the forementioned strong Liquors.

Since I knew something of the use of Water, and my Lungs have been weaker than they formerly were, and especially when I cough'd up Bood at Times for so many Years, I have tryed another Experiment of Water; I cut a large thin Slice of Bread, toasted it carefully and throughly without burning, put it hot from the Fire in a Pint of cold Water, let it stand a while, and then set it on the Fire, till it was as hot as one would drink Tea. In that Time the Water will imbibe the Spirit of the toasted Bread without loosing any of it, and then I drink three or four, five or six Dishes, as I please, without Sugar. This will refresh more, and take off any Fatigue or Weariness, sooner than any strong Wines, strong Ale, small Beer warmed, Coffee,

fee, or Tea (for I have tryed them all) or any other Liquor that I know of. I think by this any one may see, there cannot be given a more innocent, or a more refreshing Li-^{Water} quor than Toast and Water in Fevers. ^{with a} If ^{Toast is} the Patient be in a dry Heat it may be gi-^{the best Li-} ven cold, if in a moist Heat and inclining to ^{quor in} a breathing Sweat, it may be warmed to ^{Fevers.} what Degree you please. And the Bread takes off the vomiting Quality of lukewarm Water. For People in Fevers strong Li- quors are too hot, Small Beer (unless very good, which is very rare) too foul, Posset- drink too windy. And, as I said before, even Sack-whey is too hot to give so constantly, and so much of it, as is generally done in Fevers. Not but any of 'em may be given for Variety, which will be grateful to the Patient.

From all this I form these Observations.

*Observati-
ons.*

1. That when Nature is fatigued by any sort of Labour, the Blood heated, and its *Serum* too much dried up and spent, which does and must alter the natural Circulation, in this Case, if we have eat lately enough, Nature wants nothing but a good Dose of the most innocent warm Liquids, to increase and promote Circulation. In that Case it's not so much the Quality, as the Quantity of the Liquid that gives the Refreshment.

Febrifugum Magnum.

2. That when the Body is fatigued, it cannot bear so great a Quantity of hot spirituous Liquors, as when it is not, without receiving Harm. The Reason is plain, because they increase the Heat and Driness of the Blood, which was by the Fatigue too hot. and dry before. This, as I said before, I have found to be true by long Experience. And this confirms an Observation I have made before, that it cannot be good to give Sage Posset-drink, &c. in the Beginning of Fevers, unless you give it in such a Quantity at once, as to force a Sweat, for they only heat the Blood, and dry up its *Serum*, and so not only do not help, but hinder both sensible and insensible Perspiration.

3. And this is obvious to every ones Observation; we find when we are in a Sweat, a Glass of Brandy, or a Glass of Sack, or any other spirituous Liquor will take off the Sweat, when a Draught of Small Beer, tho' warmed, will increase it, and if cold, perhaps throw us into a Fever.

N. B.

4. We may observe, what need People that value their Health have, to take Care how they govern themselves, when they are heated and fatigued by Labour, and either drink nothing at all, or innocent Things either actually or potentially hot.

The Want of due Care in this Case, has kill'd more than the Plague ever did, or ever will do.

I now come to acquaint the World with some Experience I have had in some other sorts of Fevers.

1. As to the Quinsey or Swelling of the Throat in a Fever, I am very sure, that a good Dose of cold Water taken in Bed, if taken in Time, when first it begins to swell, will effectually prevent its going on. If it produce a kindly Sweat, it diverts the Humour another Way ; if not, it so cools and dilutes the Blood, that it will not fall with such Violence on the affected Part, nor be so apt to stagnate in the Passages, that before were partly obstructed. *The Quinsey cured by Water.*

And here I would not have any think, that I mean any Thing against Blood-letting, in Cases where the Blood and Humours fall with Violence on a particular Part ; as in this Case, and that of the Pleurisy, Peripneumony, Erisipelas, &c. For if ever Blood-letting be proper by Way of Revulsion, it must be here. *Blood-letting good here.*

All I say is, that a Quinsey has been cured even without Bleeding, and may again by cold Water, tho' perhaps better with it. But I am afraid trusting so much to Bleeding, and almost despairing of any Thing else, has been the Occasion of too many Miscarriages in these acute Distempers. *But not to be trusted to.*

I have seen a Case of a Pleurisy, which came from a terrible Fret and Vexation upon some unkind Usage, that I am pretty sure

would never have been cured by Venesection, tho' it was used to a great Quantity, if a great deal of cold Water had not been given with it.

Dr. Sydenham orders the cool Regimen, and rightly, in these as in other Fevers. It's plain Dr. Sydenham prescribes the same cool Regimen, in the Squinancy, Pleurisy, Peripneumony or Inflammation of the Lungs, and Erisipelas, as in other Fevers; and he is in the right of it. For, generally speaking, the Fever is the Cause of the Quinsy, Pleurisy, Peripneumony and Erisipelas, and not the contrary, and they are mostly but Symptoms of the Fever; and may very often depend upon the Disposition of the Parts in particular Persons, upon which the Blood and Humours fall in those Distempers. However, if the Fever first cause the Pleurisy, Peripneumony or Squinancy, each of those will increase the Fever, and so they help one another.

The Author believes cold Water will at least help much to cure these Distempers, whether they be essential or only Symptomatical.

I verily believe a plentiful Dose of cold Water given in Bed, as soon as the Fever begins (if the Fever begin first) would either by diverting the Course of the Humours by Sweat, or less sensible Perspiration, or by cooling the Blood, and lessening the violent Motion of it, or by diluting the Blood, and making the Circulation of it more easy through the Parts where the Obstructions in these Distempers lie, in a great Measure prevent the Distempers themselves, and reduce 'em to the Nature of common Fevers. Or if these

these Distempers are essential (as they call it) and not only Symptomatical, if as soon as the Throat begins to swell, or the Pain in the left Side is felt, or the red Swelling appears in the Erisipelas, or the Lungs are affected in the Peripneumony, a good Dose (especially if a double Dose) of Water were given in Bed, it would prevent in a great Measure the Fever, and make those Distempers easily curable. However, it would prevent any Abscessus or Empyema, much more Gangrenes and Polypus's, that are often found by Dissection of those that die of Pleurifies or Peripneumonies, and the Mortification that often follows a violent Erisipelas.

N. B. Since this Book came out, a Gentleman told me, That upon reading the Book he cured himself of an Erisipelas, or St. Anthony's Fire, by drinking cold Water in Bed.

I have likewise had some Experience of ^{Water} Water, that I think plainly shews, it must ^{good in} be good in ^{Asthma's.} Asthma's of any kind, whether Dyspnœa's, those more properly called Asthma's, or such a Degree of an Asthma as is called Orthopnœa, where the Patient is in Danger of Suffocation if he lie down, or indeed in any Difficulty of Respiration, from whatever Cause it proceeds.

If the Asthma proceed from the Viscidity or Siziness of the Blood, Water is very good to rectify that.

If it proceed from the Narrowness and Straightness of the Passages of the Lungs, or

a Want of due Elasticity in the Arteries, Water must needs be good to restore 'em to their due Tone.

If it proceed from too great Abundance of an Acid Lympha, or Pituita, that stuffs and obstructs the Vessels of the Lungs, and hinders the *Vesicula* from duly expanding and subsiding in Respiration, provokes to Coughing, yet makes Expectoration difficult, the Experience I have that cold Water is the best Cure for Colds, and soonest sweetens and digests those Humours into a thick, white, sweet Phlegm, shews it must be proper in that Case.

If the Asthma proceeds from the Driness, and, as I may say, Schirrousness, of the more solid and fleshy Parts of the Lungs, nothing, I think, can be better than Water, to moisten and mollify those Schirrosities.

So that Water will be good both to make the Blood more fit to circulate in the narrow Vessels, and the Arteries and narrow Canals more fit to receive and transmit the Blood.

If the Fault lies in any Out Parts, in the Diaphragm, Pleura, or the Muscles of the Thorax, that straighten and press too much upon, or do not give Way to the Lungs to expand themselves in their Inspiration: I do not know but Water may be a good Thing to bring them to their due Tone.

But you may say, Where is the Experience you talk of? I was just going to tell you. I have been a good Walker in my Time, and am still pretty good for my Age. I have often walked Eight or Ten Miles to breakfast; and done it pretty much upon the Stretch. I have had

A Lady in my Neighbourhood, that has been bad of an Asthma several Years, is much relieved by drinking Water in the Morning, and before she goes to Bed; as has another young Gentlewoman been, (as I am inform'd by a near Relation of her's) who has been under Difficulty of Breathing, whether from an Asthma, or some other Cause, I know not.

the Curiosity to try several Sorts of Liquors before I set out, sometimes Sack, sometimes other Wine, sometimes Ale, and sometimes only Water. I find by plain Experience, that Water gives twice as good Breath for easy Walking, as either Wine or Ale. Now that that gives better Breath to a Man that has no Asthma, may give better Breath to a Man that has an Asthma; and so Water, for ought I can see, may, generally speaking, be the best Drink for Asthmatick People. At least now and then to take a Draught of Water (and particularly when one goes to Bed, or to any Exercise) may be good for an Asthma. I depend so much upon my frequent Experience in this Case, that if I were to walk for a Wager, my Antagonist might drink a Pint of Wine, if he pleased, but I would drink a Pint of Water.

I have by long Experience found, that Wa- Cold Wa-
ter is the best Thing to cure a Surfeit, be it ^{ter good to}
greater or less; and better, surer, and safer, ^{cure a} Surfeit.
than

than any of the hot Surfeit Waters, that are commonly given in that Case. Better than Brandy, or any of those spirituous Liquors that most People use, when they have taken a Surfeit. I confess those hot spirituous Liquors will any Time cure a small Surfeit ; but if it be a bad Surfeit, I am afraid they rather increase than take it off, and sometimes throw People into Fevers. The almost natural Consequence of a bad Surfeit, if it be not taken off in Time, is a Fever. Now the drinking of Water prevents that, and gives Nature Time to throw off its Load ; and is the best Thing to correct that Acidity that we plainly find when any Meat corrupts by lying too long in the Stomach. And therefore when I find any such Thing in my self ; whereas I usually drink an Half-Pint Glass of Water in a Morning, in Winter, as soon as I get up ; and in Summer, if I rise (as one often does) in a kind of Sweat, half an Hour after, when I am pretty cool ; on such Occasions I only double or treble my Dose of Water, and sometimes more, 'till the Indisposition goes off. And by this Method I seldom want a good Stomach to my Breakfast, and hardly ever yet wanted as good a Stomach to my Dinner as I used to have, though I have used this Method this twenty Years.

Good for
the Heart-
burning.

I find likewise a Glass or two of cold Water is a good Thing to cure that Pain in the Stomach, that we call the Heart-burning, and

I think will cure it sooner than Chalk, or any of the dry absorbing Earths, tho' they are very good.

I think I am pretty sure, that a good large Dose of Water is very good to stop violent Vomiting. I mean such Vomiting as comes of it self, without Physick: Whether it be proper to be given when a Vomit proves too strong, and works too much, I dare not say. The Reason I say so is, because as often as I have used Water in the Beginning of Fevers, to make the Patient sweat, though there was often a strong Inclination to vomit, yet after taking the Water the Stomach was always very easy and quiet, without the least Kecking, or Inclination to vomit.

If I durst, for being laugh'd at by the Physicians, and others, I would say here what I think of the Cure of the Cholera Morbus, by a good large Dose of cold Water. If the Distemper, as it often is, be very violent, 'tis plain, Vomits, and Purges, and Astringents, and for ought I know, Opiates too, are dangerous, as well as insufficient. If the Water put the Patient in a Sweat, for ought I know, it might be a Step to the Cure. However, I fancy it would stop the Vomiting, quiet the Humours perhaps better than Opiates, and by its Weight set Nature a working only downwards, which would be the easier and safer Way, and then other Methods might be used at Leisure. But of this I know nothing, but

by Guess, and uncertain Reasoning, in which I may easily be mistaken, and so I will say no more of it.

Cold Water a good Cure for the Cholick, and to take away the Cause of it.

I am very well satisfied, partly from Experience, partly Reason, that cold Water is a very good Cure for the Cholick, and that it will not only cure a Fit, but take away the Cause of it too, which I am pretty well satisfied the hot Waters will not do. I have some Experience as to my self. All the Time of my Life, till I knew the Use of Water, I was as frequently troubled with Fits of the Cholick as most People are. Tho' I thank God never in any dangerous Degree, but sometimes troublesome enough. Since I have drank more or less Water almost every Day, I do not remember, I have ever had one Touch of it. Or if I may have forgot my self, it has been so very rarely, as not to be worth my Notice: I impute it to my drinking of Water, and verily believe I have Cause for it.

Since this Book came out, I am for a Certainty informed, That a Person of Quality taking Water in Bed for a Fit of the Cholick, it in a little Time took off the Fit, and threw the Humour out into a Rash.

So far as to Experience. Now as to what I believe of the Cure: If any one that is troubled with a Fit of the Cholick, would drink a Quart of cold Water, and keep himself in a moving Posture, now sit, now lye, sometimes on one Side, sometimes on the other, lean forward, lean backward, tumble on a Bed, and if he can sometimes stand on his Head; or if he can bear it, get into

into a Coach, and ride on the Stones, or get on Horseback ; the Water (as it is one of the best Things to dispel Wind) would set the Peristaltick Motion of the Bowels on work, so as to take off the Fit. I cannot say I have ever tried it, but am confident it would do the Work.

And as to the taking away the Cause of the Cholick, cold Water, especially if we continue now and then a Draught of it, will so dilute, cool, and mollify the Humours in the Bowels, that they will easily go off with the Evacuations that Nature requires that Way. Whereas I believe the hot sulphurous Waters, tho' they may do good while they are taking (as any hot Spirits may take off a Fit at present) will rather harden and bake those Humours that too much adhere to the Bowels, and on all Occasions will be apt to beget those windy Vapours and Flatus's, that are the Cause of the Cholick, by stretching the Guts beyond their Tone, so that they cannot contract themselves, and so weakening, if not destroying the Peristaltick Motion. I add but one Thing, if this Method were taken, if it should not work the Cure, it would do little Harm by swelling the Bowels, for it is a great Mistake to think, that Water if seasonably taken is apt to increase Wind.

Cold Water is a very good Thing to cure those that are troubled with bleeding at the Nose, as I can tell by my own good Experience ; few were more troubled with it than

*To cure
Bleeding at
the Nose.*

I was for above Forty Years, and sometimes to great Quantities. But since I have drank every Day mostly a good Glas of Water, I may truly say, I have lost more Blood from my Lungs, than my Nose

Good for
the Stone,
to prevent
it, and to
ease Pain.

'Tis good for the Stone, tho' not to cure it, yet to prevent it, or to give some Ease in the Paroxysms. I have been often told by an old Physician, who lived at *Manchester*, with whom I was well acquainted, and who was, when at *Cambridge*, sadly troubled with the Stone, and had all the Advice that *Cambridge*, or perhaps *London* could then afford, that after all the Advice he had taken, he could never find any Thing he was advised to, gave him so much Ease under his Pain, as a good large Draught of cold Water. And I myself was in my Youth before Twenty, so much troubled with Gravel, that I could not sit two Hours at my Study without some Pain in my Kidneys. Which made me get a Convenience for standing at my Study (which I would advise all young Students to do, they will find the Convenience of it) and have continued that Way ever since. I continued to be more or less troubled with Gravel and Pain, till within less than these Thirty Years. But since my Custom of drinking Water more or less every Day, I have neither seen any Gravel, for indeed any Sediment in my Water, nor felt any Pain in those Parts.

I have never had any Experience of curing ^{And for} Heſticks with cold Water, tho' *Galen* ſays, it ^{Heſticks, if} may be done. And ſome other Phyſicians, if ^{Galen ſay} true.

I do not miſremember, have writ ſomething to the ſame Purpoſe. But I have ſometimes thought, that if Phyſicians would confine their Patients to drinking Water, with a Mixture of a little good Canary, or ſome other innocent Thing to qualify the Water, and leave 'em more at Liberty as to their Diet, to eat Fleſh-meat, as well as other Things, ſo they be of eaſy Diſteſtion, without confining them too ſtrictly to the Milk Diet, it might do as well. For there may be Danger in the total Alteration of the Patients Diet, in thoſe that have been uſed to live much upon Fleſh, as well as in reducing them all at once from Wine or Ale to Water. I believe all ſorts of Wine, not excepting Tent, and old Malaga, if taken in any Quantity, are bad in Heſticks. And a Patient may ſometimes ſink for Want of uſual and ſufficient Nouriſhment, as well as by the Heat and Drineſs of the Blood in an Heſtick. And the Patient, if this Method were taken, might go on with his Aſſes or other Milk Morning and Evening, as well as not, and better than if he did not drink Water.

I have likewise Experience, that cold Water is very good in Rheumatifms. I have ^{'Tis very} ſeveral Times, where a Fit of the Rheuma- ^{good in} tiſm has been coming on, kept it off, only by ^{Rheuma-} ^{tiſms.} advi-

advising to drink half a Pint of cold Water, when the Patient went to Bed, and another in the Morning, without either Bleeding or any Thing else. And as I remember, some Years ago, I advised some Body or other (tho' I do not remember who it was) to lie in Bed and drink Water, and it took the Fit off. I believe no Body denies, but the Rheumatism, and the Gout both, are a sort of Fevers. The Rheumatism is but an imperfect and irregular Gout, and the Gout a more regular Rheumatism, that if it be kindly, comes to a Crisis, by throwing off the morbidick Matter upon the Parts most remote from the Heart, *i. e.* the Hands and Feet. And I believe, a regular Gout would cure the Rheumatism. Dr. Brady, in his Letter to Dr. Sydenham, queries, Whether there can be no better Way found to cure a Rheumatism, than that cruel one, as he calls it, of taking away so much Blood. Dr. Sydenham in his Answer, tells us, He cured one Mr. Malthus an Apothecary, by giving him great Quantities of Whey for three Days together, only he thinks this must not be done to old Men, least it weaken 'em too much. I am fully satisfied, that Water would do as well, and much better, and weaken much less (if People could be brought to think, that cold Water is not a dangerous deadly Thing). For Whey is more apt to work by Stool than Perspiration, which I think is not the best Way to cure the Rheumatism,

matism, or indeed generally speaking, any sort of Fevers. And there is nothing (at least in my Judgment) that would more easily imbibe, absorbe, and carry off either by Sweat or insensible Perspiration, those tartarous Salts that (if we believe the ingenious Dr. *Chene*, who has writ so well of the Gout) are the morbidick Matter of the Rheumatism and Gout. My Reason for what I say is not only (what is allowed by all) that Water is the best Imbiber and Dissolver of Salts, but because Water may be given innocently in a greater Quantity, than most other Things that may be thought proper in that Case, and consequently may imbibe a greater Quantity of those Salts before it be saturated with them, as we know Water will be with Salt. I might add beside, the powerful opening of Obstructions, for which I have said before, I think Water, especially if given in a considerable Quantity, as it may safely be, is one of the best Things that can be given.

I no more doubt, that cold Water is very *Good in the Gout.* good in the Case of the Gout, which is so near a kin to the Rheumatism. Tho' I have no Experience of my own, I have an Authentick Story of the Gout being not only cured, but quite taken away, so as no more to return again; only by the Patient's taking to drink nothing but Water, and this told by one I can depend upon, who told me he knew it to be true.

An Instance.

A considerable Tradesman within the Bills of Mortality, had the Gout so often, and to such a Degree, that he had a Box of Chalk-stones of his own Growth. A Friend of his told him he could cure him, if he would take his Advice. He made him solemnly promise him to do it. He prescribed him to drink nothing but Water, and for some Time to put Garlick in it. Tho' I believe he might have used himself to drink only Water safe enough, without that nasty Root; he accustomed himself to drink nothing but Water. The Gout never came again. And he was in some Time as well as he was before he ever had the Gout, and as well as other People that never had it.

Cold Water taken often in Bed, as good to keep the Gout out of the Stomach, and to drive it to the out Parts without less Pain, as the strongest Wines.

The common Practice is, when People have the Gout so severely, that it falls upon the Stomach and Bowels, to take plentiful Doses of strong and generous Wines. 'Tis found by Experience, that this drives the Gout for the present from the Stomach to the extreme Parts. And it is worth while to do any Thing that will have this Effect, because if it once thoroughly seize those Parts, nothing but Death is to be expected in a little Time. But this certainly makes the Fit more severe and painful, tho' it takes it at present from the more noble Parts.

I am pretty well satisfied, that a good Dose of cold Water would have the same Effect without the foresaid Inconvenience, especially if taken often in Bed. It would imbibe those

those gouty Salts that disturb the Nerves and other Vessels, that are in the Coats of the Stomach, and that cause violent and dangerous Vomitings, Hiccups, and other dangerous and violent Symptoms, that may, if not prevented in Time, prove mortal to the Patient. It would (especially if taken in Bed) partly absorb and evacuate by insensible Perspiration, a great Part of the gouty Matter, and lodge the rest in the extreme Parts, sooner and safer, and with less Pain, than any of the hot Medicines will do. I speak this only by Way of Speculation, not that I suppose I shall be able to persuade any one to use this Method.

Those are generally most infested with this Distemper that feed high, drink much Wine, and use little Exercise; unless the Case be, that the Gout is Hereditary.

Now I am fully persuaded, if such Persons as I have just now spoke of, if they have not yet had the Gout, would fall to drinking Water in some moderate Quantity every Day, it would be a good Means to prevent their ever having it. Wholly to leave off Wine for those that have been used long to drink much of it, may be attended with some Danger, tho' perhaps not so great as some imagine. If those that have had the Gout, and cannot reasonably expect to be quite rid of the Inclination to it, would drink every Day some Quantity of Water, as

To drink Water more or less every Day, a good Way to prevent having the Gout, or to make the Fits less frequent or painful.

well as stronger Liquors, it would cause longer Intermiſſions, and eaſier and more regular, and leſs painful Fits when the Gout comes. And particularly, if after they have taken a Glaſs of Wine (I always ſuppoſe with Moderation) they would drink a Glaſs of Water, it would pack off thoſe tartarous Salts that, by the Wine ſtaying long in the Blood, are apt to gather more and more by Degrees, till there be ſuch a Stagnation of that morbiſick Matter in the ſmall Canals, as makes a Fit of the Gout neceſſary, to preſerve the Body from more dangerous and mortal Diſtempers.

The Ground of my attributing as much to cold Water as to ſtrong Wine, to keep the Gout out of the Stomach, is the long Obſervation I have made, how effectual it is to keep the Stomach in order, to correct all bilious, and dilute and digeſt all phlegmatick Humours, to diſpel Wind, and cure all ſuch noxious Acidities. as appear by the ſour Belches of a diſorder'd Stomach, and to keep the Stomach tight and ſtrong for its Operations. That in the Beginning of Fevers, tho' the Stomach before is uneaſy, and inclined to keeking and vomiting, upon taking a Doſe of cold Water it is ſoon quiet and undiſturbed, and Nature tends to what is, I believe, its regular Courſe and true Intention, whereby to eaſe it ſelf, gentle and eaſy Sweating. This is the Ground I go upon. As to what I have ſaid perhaps fooliſhly of the Gout, I leave

leave the World to judge of it as they please.

I could carry this Speculation a great deal farther, if I would argue from the Experience I have my self, or have cited from others, to Cases that might seem parallel. But I chuse to wave that, I think I have said enough. Only I shall give a brief Account, what Distempers *Vander Heiden* says cold Water is good for, in his Book, *De sero Lactis, Aqua frigida, & Aceto.*

He says, cold Water preserves from the Gout, and will cure it, which will justify me, in what I have said on that Head.

What Diseases Vander Heiden says cold Water is good for.

He says, that the Immersion of the Hands and Feet in cold Water, does not repel the Humours, but cools 'em, softens the Skin, and draws out the Vapours. Whence I conclude, it cannot be bad (if he judge right) to wash (or dip) the Hands and Feet often gently in the Gout, and that, if that be carefully done, the gouty Humour will more easily fly to that Part, where the Skin is thus mollified, the Capillary Arteries cooled and moistned, and consequently made more easily open to evacuate the Humours.

He says, the *Dolor Ischiadicus*, the *Sciatica* or Hip-gout, if taken at the Beginning, is cured in four or five Days, only by drinking cold Water. If this be true, I think it confirms what I have said of the curing Rheumatisms by cold Water, the Rheumatick Pain

in the Hip-joint being confessedly the hardest to come at of any Part of the Body.

He says, the Pain of the Stomach from Crudities, which is the same with what we call the Heart-burning, is cured by Water. This is what I have often tried, as I have said above.

He says, 'tis good to give Ease in the Fits of the Stone, which you may see I have said before.

He says, the Immersion of the Hands and Feet in cold Water, when they are frozen and starved, and perished almost with Cold, cures 'em.

Every Body almost knows this, that when the Hands are starved with Cold, 'tis better to rub 'em with Snow, or wash 'em with Water, than warm 'em by an hot Fire, which sometimes will make the Blood start through the Skin out of the Fingers.

He cites *Hippocrates*, as saying, *Aph. l. 5. Ap. 24.* That cold Water will cure the *Tetanus*, or that *Rigor* that sometimes happens to the Muscles, whereby the Body can neither bend forward nor backward. That I know nothing of, *Hippocrates* must answer for it.

He says, Paralytick Members may in a little Time be cured by the frequent washing with cold Water. I find Dr. *Pitcairne* recommends the same Thing in this Case. I suppose it may be good.

He says, Dipping the Head in Water, or Washing it with Water, cures the Head-Ach. This is a common Remedy.

He says, It gives Ease in the Pains of the Shoulders, Back, or Loins, and well it may, say I, if it will cure the *Sciatica*. I have long thought, tho' it is to no Purpose to go about to convince any Body of it, that when the Rheumatick Pains fix in any of the Out-Parts of the Body, to wash those Parts often with cold Water, would surer and sooner take away the Pains, than to do it with *Brandy* or *Hungary Water*.

He says, to hold the Hands and Feet and Legs long in cold Water, will discuss and disperse the Flatus's that cause the Cholick. If that be true, sure drinking Water, as I have proposed before, will much more surely and easily do it.

I know the World will expect something of a *Rationale* of what I propose and assert: I shall therefore endeavour to prove these two Things.

1. That the best and surest Way of curing Fevers, is by Sudorificks.

2. That plentiful Doses of cooling Liquids, and particularly a good Dose of cold Water, are the easiest, the safest, and most effectual Way of promoting Perspiration, and procuring kindly Sweats.

1. That the best and surest Way of Curing Fevers, is by Sweating. Some seem to have
no

no great Opinion of Sweating, because *Hippocrates* and *Galen* say little of Sudorificks. *Dr. Friend* seems to be of this Mind, and says little is to be expected from 'em; and that when Physicians have used 'em, they are forced at last to come to Vomiting, Bleeding, and Blistering, which should have been done at first. *Dr. Sydenham* cautions against Sudorificks throughout his Works, and imputes all the most dangerous Symptoms in Fevers to 'em, and says, If Fevers could be cured only by Sudorificks, any Body might be a Physician. *Dr. Harris* in his Book of the Plague, says, the Intention of Alexipharmicks is to promote Sweating, but they increase the Fever.

Others speak more favourably of the good Effect of Sudorificks in Fevers. *Van Helmont* laughs at any other Method of curing Fevers, but by Sudorificks. *Dr. Willis* does not seem to approve of Alexipharmicks, and Sudorificks, unless in malignant Fevers to resist the Poison and Malignity. *Dr. Chene* allows opening of the Glands of the whole Skin will be a better Evacuation by Sweating, and more likely to take off the Fever, than opening either the Glands of the Stomach only by Vomiting, or those of the Bowels by Purging.

But above all, *Dr. Pitcairne*, from the Observation of *Sanctorius*, concerning the Proportion of the Cuticular Evacuation by Perspiration to that by Stool and Urine; concludes, it is ten Times more easy and likely, that

that Fevers may be taken off by Sweating, than any other Evacuation. As you may see deduced at large, *Opusc. p. 126, &c.* 'Tis needless to cite any more Authors: Upon what is said, I must make these two Observations.

1. That by Sudorificks, they mean those that have been commonly called Sudorificks, Alexipharmicks, Alexiterials, and Cardiacks, most of which are violently hot, tho' some more mild and moderate than others. I do not find, that Physicians have hitherto had any Notion of Sweating in Fevers, by plentiful Doses of cooling Liquids, and particularly Water. Which certainly may be safely given in the highest and most raging Fevers, and there needs no Cautioning against 'em. Or if any have had such a Notion, it hath not been communicated to the World, or at least not brought into Practice.

2. They allow Sudorificks with this Condition and Caution, that they be given after the Signs of Concoction of the morbidick Matter appear by the Urine, or some other Way: I might here cite many Authors, I believe almost all that have wrote, but I will mention only two.

The common Notion of Concoction disproved.

Dr. Sydenham inculcates this Notion of Concoction in twenty Places of his Works, and says in one Place, that he believes, those that plead so much for curing Fevers with Sweating, mean only, that the Humours are to be thrown out after Concoction.

Dr.

Dr. *Pitcairne*, who in his *Rationale's* and other Theories has run counter to many Physicians, as appears every where in his Works, yet retains this Notion of Concoction, *Opusc. p. 131*. In this Place, says he, I mean that Sweating or Perspiration increased, that comes after the Humours are concocted.

I believe, Physicians have hardly been more mistaken in any one Thing, than this Notion of Concoction ; and have hereby in Effect own'd, they can do nothing in Fevers when they have got Head (only watch over some violent and dangerous Symptoms) till they observe some Signs of it. That is, when Nature has in a Manner done its own Work, they can a little help it forward ; and cure a Fever, when 'tis probable, it would cure it self without 'em. In the Cure of Wounds, or any Boils, or other Apostema's in the Out-Parts, we say the Humours are concocted, when the acrid Humours are so lenified by proper Applications, that there appears a kindly *Pus*.

In Colds (which often turn to Fevers) we say the acid Lympha is concocted, when it is turned either by Nature or Art to a sweet thick white Phlegm. I might give other Instances. I think I may say, there neither is, nor can be any such Concoction of the febrifick Matter in the Blood ; for as it would totally stop the Circulation, so it's impossible such Matter should ever get through the Capillary Arteries,

ries, &c. so as to be carried off either by insensible or sensible Perspiration. Dr. Sydenham says, Concoction is the Separation of the morbidick Matter from that which is sound and healthful. If he means in the Blood, such Separation would make the Matter worse, and the Fever more dangerous. If he means that which is carried out of the Blood, where is his Notion of Concoction?

Dr. Pitcairne says, Concoction is the Comminution of the morbidick Matter into Parts so small, that they may be fit to be evacuated by insensible or sensible Perspiration. This is a likelier Account than the other. But still this does not answer; for I believe, the morbidick Matter in the Blood, never is nor can be while it circulates in the Blood, so thick, or of such gross Parts, but they are fit enough to go out by Sweat, if the natural Secretion were not stopt by the Violence of the Fever, and the Blood so hot and dry, and so rarified, or (which is what they mean by Rarefaction) swell'd, that it cannot get through the Capillary Arteries, and consequently the morbidick Matter cannot go out by Perspiration. And all the while the Physician is waiting for the Signs of Concoction, the morbidick Matter is disconcocting the Blood, and turning more and more of it to morbidick Matter; and very often those Signs of Concoction never appear. All the Physician can do when the Fever has got Head, is as near as he can to ma-

nage the Matter so, that the Fever may not grow to too great an Height, but the Blood may by its Circulation throw off by Degrees the morbidick Matter, and be reduced to its natural State of Circulation.

All potentially hot Things bad in Fevers. Innocent cooling Liquids the best.

Now in Order to this, in the second Place, I assert, that all hot Herbs and other Things, that heat and dry, and thereby spoil the natural Crasis of the Blood, and all hot Liquids, such as Wine, strong Ale, unless given in very small Quantities, call 'em what ye will, Sudorificks, Cardiacks, Alexipharmicks, are so far from being useful in curing Fevers, that they are hurtful; and that there is no such powerful and effectual Way to open the Glands of the Skin, and to make the Blood, in order to that, circulate freely thro' the Capillary Arteries, as to give in good Plenty, through the whole Course of the Fever, innocent cooling Liquids, and thereby to dilute and cool the Blood, and bring it as near as may be, to its natural Degree of Circulation. And if this can be done (which is all the Concoction I can think of) the Signs of this Concoction will in due Time appear; and if it cannot, 'tis in vain to look for 'em.

Of Acids.

And here it may not be amiss, to say something of Acids, which are generally prescribed by all, and admired by some, not only in common Fevers, but in the Plague it self. I confess, tho' I thought 'em before very good, since I have read something lately of
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the Opinions of Physicians of the Cause of Fevers, I am a little stumbled. I find some tell me, that the honourable Mr. Boyle has proved there is no Acid in the Blood, nor in the Body in its natural Constitution. Dr. *Pitcairne* is so confident of this, that he plainly ridicules Dr. *Willis's* Notion of Fermentation in the Blood, either like that of Wine and some other Liquors by Way of Depuration, or like that of Milk by Way of Coagulation. For he in effect says, all Fermentation is only a Scuffle between Alkali and Acid, which shall get the better. I find almost all Physicians that have wrote lately, lay the Fault in Fevers, upon some kind of Acrids or Acids, as I may perhaps have Occasion to shew more fully in another Place ; notwithstanding this, they may do some good as Coolers, tho' perhaps none as Acids. However, no Body has yet adventured to give 'em in any great Quantity, and so, if they do no Good, they do no great Hurt. And if what Dr. *Pitcairne* says be true, that Acids turn Alcalies, when they are in the Blood, all is well enough. Else I should have feared, they could not be good in Fevers, if the peccant Matter in all Fevers be some kind of Acid or other.

The noblest Acid to be given in Fevers, I ^{Of Juice} believe, is Juice of Lemons. When I had a ^{of Lemons.} Breach in my Lungs, I was for many Years together (even before it broke out, and made me cough up Blood) in that Condition, that

I could bear nothing Acid, neither *Port*, nor *French*, nor *Mountain Wine*, nor Juice of *Sevil Orange*, but I should immediately feel a Pain in my Breast; nor could I bear any Thing potentially hot, not so much as one Dish of Sage-Tea, but it affected me. But I could bear Juice of Lemon pretty well; by which I guess it gives less Disturbance to the Blood than most other Acids, and therefore must (tho' more Acid to the Taste) be more innocent in Fevers, than most other Acids are.

But it may be said, you are mighty fond of Sweating in Fevers, do you allow no Place to Vomiting and Bleeding in those Distempers?

I never did, nor had Occasion to try either of 'em, since I knew the Use of cold Water.

Of Vomiting in Fevers.

As to Vomiting, no doubt when Occasion is, it may be very good. But I have always since I used Water in Fevers, found it needless. As soon almost as the Water is given, the Inclination to vomit is gone, and the Stomach is easy. All Physicians agree, it is good in the Beginning of Fevers, and particularly the Learned Dr. *Harris* esteems it much in all Fevers, even in the Plague, as you may see in his late Latin Book of the Plague. But they as generally agree, that it must be gentle Vomiting, and early administered, else it gives great Disturbance to the Blood, too much disturbed already. There are a great many Cases of Fevers, wherein the Stomach is but little concerned, and therefore

fore Vomiting cannot always be equally necessary. However, *frustra fit per Plura, quod potest fieri per Pauciora.*

I have had a Notion a great many Years ^{Of Blood-} (perhaps a silly one) that Blooding, as it is ^{ing.} commonly used in Fevers, does neither much Good, nor much Hurt, still allowing it to be good by Way of Revulsion in violent Hemorrhages, or in those Fevers where the Blood and Humours fall with great Violence on a particular Part, as in the Pleurisy, &c.

I cannot come in with that Notion, tho' common, that moderate Blooding is so pernicious in intermitting, or in malignant Fevers.

Fevers are such tickle Things, and the good or bad Success the Physician has in the Cure of 'em, depends upon so many accidental Things, that I believe 'tis hard for the most judicious Physician, to make any well established Observation, when Blooding (which is generally administered one of the first Things) does Good or Hurt, or whether it has any Influence at all in many Fevers.

I had once in my Family a very malignant Fever. Eleven of us were down, five were blooded, and six were not. I could not discern any Difference in those that were or were not blooded. One Daughter died, but that was by Mismanagement. Her Fever, as we thought, was perfectly gone off for two Days, and as I remember more, we thought she

she was in a Manner well. The Apothecary would needs give her the Bark, to prevent the Return of the Fever. She took it, and immediately fell ill again worse than ever, and in three or four Days died with something like a *Bubo* upon her. I am sorry to hear Physicians are so bold in giving the Bark in malignant Fevers, where there are the least Intermissions, or rather Remissions: But glad to see two such great Men, as Dr. Sydenham, and Dr. Friend, the one cautioning against the too long Use of it; the other against giving it at all in remitting Fevers. *Vid. Dr. Friend in Hip. de vulg. p. 37.*

Indeed my own loosing such considerable Quantities of Blood in my younger Days, and the many Stories we have in *Skenkius* and others, some of which are recited by Dr. Keil, convince me that a good Quantity of Blood may be lost, either by one that's sick or well, without any great harm.

But then on the other Hand, I can hardly believe, that the taking six or eight, or ten Ounces of Blood in the Beginning of a Fever, can do any great Good; not for voiding any morbid Matter out of the Blood, for no more of that can come, than what is in that Blood that is let out. Not for promoting Circulation, for there is no Difficulty of Circulation in the Veins, but in the Arteries, from the Obstruction that generally is in Fevers, in the Capillary Arteries. Nor can it
much

much affect the nervous Juice, the Stagnation and Acidities of which, as some think, are the Cause of all Fevers. All the Canals, especially the Arteries and Veins, are Elastic, and will open or close in some Measure, according to the Quantity of Liquids contained. So that, if the Blood be too hot, and thick, and dry, and rarified, or swell'd, as it will be by that Heat, the Circulation will be, I fear, much what as difficult as before.

The only sure way to promote an easy Circulation of the Blood, is to alter the Blood it self. The great Fault of the Blood in Fevers is, that it wants Serum (without a due Quantity of which there can be no easy Circulation) that being too much dried up and evaporated by the preternatural Motion and Heat of the Blood. There is no such ready way to promote the easy Circulation of the Blood, as by innocent cooling Liquids (of which common Water I believe is the very best, as being nearer the Serum of the Blood than any other Liquid whatever) these will dilute the Blood, take off its Rarefence or Rarefaction, and make it take up less Room in the Vessels, cool and moisten it, keep its other Contents and Principles, whatever they are, together in a due Mixture, and prevent any such Separation of the due Mixture, or any such Coagulation of its Parts, as tends to some kind of Mortification, as *Sir Rich. Blackmore* thinks, of the Parts of the Blood. Or
if

if there be any such, will dissolve 'em, and set them afloat again in the Blood. And the Blood thus diluted and cooled, will much more easily get through the Capillary Arteries, into the Glands of the Skin, and there either by insensible or sensible Perspiration, discharge it self of any noxious Particles, and either all at once, as I have often experienced, or by Degrees, take off the Fever.

I might here run through the whole Catalogue of Fevers, and the Causes (which are not a few) assigned by the most famous Physicians, both for Fevers in general, or where there is any Difference, for this or that particular sort of Fever: And shew how I believe cold Water, if given early, and in sufficient Quantity, and in Bed, would, if the Fever be violent, take it off by plentiful Sweating. If it be gentle, by cooling the Blood, and promoting insensible Perspiration; or if they be Fevers, that must be attended with Eruptions, so lessen and quell the Fever, that the Eruptions will generally come kindly out, and generally speaking, without much Difficulty or Danger, according to Dr. Sydenham's, I believe, very true Observation as to the Smal Pox, and which I believe will hold as to all Fevers with Eruptions.

N. B.

Quo sedatior est Sanguis, eo melius erumpent Pa-
(stule.

Do but quiet the Blood, and quell the Fever, and the Eruptions be of what kind they will, they will come out the easier, safer, and better for it. But to do this at large, would take up more Time and Room, than I am willing at present to allow, and it will be Time enough hereafter, if I be called upon to do it.

The only Thing I have now to do (and which is the main Design of these Papers) is to shew how probable I think it is, that if this Method were taken, as soon as the Plague seizes a Person, cold Water will cure it. And in order to that I shall proceed by these Steps.

1. To prove the Plague is a Fever. When I say the Plague is a Fever, I distinguish between the pestiferous *Halitus*, either from the Air, or Persons that have the Plague, and the Distemper that is caused by that; the first is not the Fever, but the Cause of it. Now I say, if the Infection be so strong and malignant, that it immediately seizes and suffocates the Spirits, such a Plague may be without a Fever. Or if it do the Work in a few Hours, the Patient is dead, before the Fever can shew it self. But if Nature have Time to struggle with the Distemper, it will produce a Fever, and the Plague, generally speaking, may be said to be a Fever.

Against this, some object, that History informs of many, that have died of the Plague without any Signs of a Fever.

Sacred History indeed informs us of seventy Thousand in *David's* Time, that died in three Days, and 'tis called a Pestilence ; but it is likewise said to be immediately by the Hand of the destroying Angel, and so is nothing to the general Case of Plagues.

'Tis certainly true, that perhaps in all Plagues that ever were, some die very suddenly, but that will not affect the Point : For so some do in common malignant Fevers. I have known People die in a Day or two's Time of a malignant Fever, that is, in the very struggle of Nature to bring the Fever. So it's observed, that People that die of a Quartan Ague, always die in the cold Fit, in the Beginning of the Paroxysm.

This then is not the Point, but whether History informs us of any Plague, where all that were infected and dy'd, did it without a Fever ; I believe therefore, notwithstanding this Objection, that the Plague is a Fever, and that whenever there is a Plague, and it seizes a Person, if Nature be not oppress'd in the first On-set, or have Time to struggle with the Malignancy of the Infection, there will ensue a Fever.

I believe our Sweating-Sickness in *England*, tho' call'd by some modern Writers, a mild and moderate Plague, yet was one of the most grievous Plagues that ever was. Nothing could be more, than to seize it may be five Hundred in a Day, and to kill without Mer-
cy

cy in Twenty four Hours, yet here there was plainly a Fever.

2. That the Plague is a Fever of the *continent*, or continued kind, not properly and strictly speaking *intermittent*. I suppose the Physicians call those Fevers continual, when the feverish Disposition is, during the Course of the Fever, always more or less upon the Patient. Those properly intermittent, when during the Time of Intermission, there appear no Signs at all of the Fever, but the Patient seems to be well, as in the Case of Tertian, Quartan, and perhaps sometimes Quotidian Intermittents. I believe all Fevers, the *Synochus*, *Causus*, &c. as well as malignant Fevers, and so the Plague it self, if they go their Course, have their Remissions, that is, some Times when the Fever is more violent, and when it is less. But still they are called continual Fevers, because the Fever never goes quite off. And such a Fever is the Plague it self, tho' the very worst and most dangerous of 'em all.

3. The Plague is a Fever, where there is the greatest Disorder of the Spirits and nervous Juice, and the highest Putrefaction and Corruption of the Blood and Humours, more than there is perhaps in any other Fever. There is a great Dispute among Physicians, whether the Nature of this Pestilential Fever, do consist in Putrefaction. *Fracastorius* defines it to be *Sordidissima Putrefactio*, the foulest

Putrefaction, and many side with him. Others think it ought rather to take its Denomination and Definition from that venomous or poisonous Infection, that is generally the Cause of it. I believe the Plague seldom comes from any Putrefaction or Corruption within the Body, that may come by Stagnation of the Blood and Humours, as its proper and principal Cause, tho' that may make some Bodies more apt to take Infection, either from the Air or infected Persons, than others, and make the Fever more violent and mortal. But 'tis certain, if it go on, and cannot be taken off in Time, it will be joyn'd with, and produce the highest and foulest Corruption or Putrefaction of the Blood and Humours, as appears from the malignant Spots, *Exanthemata*, *Carbuncles*, and *Buboes*, that usually accompany it.

4. And yet the Plague is not such a Fever, as absolutely, and universally requires any sort of Eruptions, as the Small Pox, Measles, Scarlet and Miliary Fevers do, or else Death will ensue. I find a late great Author, comparing the Plague with the Small Pox, seems to make at least Carbuncles and Buboes as essential to the Plague, as Pustules are to the Small Pox: For the *Petechiæ*, they are common in that which is called the spotted Fever. Carbuncles are sometimes seen in other high malignant Fevers, when there are no Plagues abroad. Buboes are nothing but

a more malignant Boil before, or in the Plague, as a common Boil is a Bubo before or after a common Fever. Sometimes a Bubo comes out at the Beginning, and prevents the Plague: So often Boils do common Fevers. Sometimes a kindly Bubo takes off the Plague, and so Boils and other Abscesses do common Fevers; and when they come after a Fever, prevent its returning. But he says, when they do not appear without, they are in Dissections found within. Not unlikely, for so the Small Pox, and I am apt to think the Measles too, the more unkindly they come out, the more they are within; and the *Parotides* appear in other high malignant Fevers. But all this is not to the Purpose. All Physicians that ever practised where the Plague was, tell us of many that have been cured of the Plague, and been restored to perfect Health, without any of these Signs and Symptoms, either before, in, or after the Plague. Now if the Gentlemen of this Opinion will bring me any Instance, either of their own Knowledge, or that they have heard or read of; that any in the Small Pox, Measles, Miliary or Scarlet Fever, have been cured and lived, when there were no Eruptions, I shall alter my Opinion. 'Till then I shall believe, that *Petechiæ*, *Exanthemata*, or little Pustulous Swellings, Carbuncles, and Buboes, are not so essential to the Plague, as Pustules and other Eruptions are to several Sorts of Fevers.

5. It

5. It is the most common Opinion of Physicians, that there is no Difference between other malignant Fevers and the Plague, but in Degree, in the Height of Infection, and greater Contagion or Aptitude to infect others ; and they commonly make no other Distinction between them than this, that in other malignant Fevers more live than die, in the Plague more die than live. I do not remember one that I have seen upon this Occasion, either Antient or Modern, that says any Thing of this Matter, but is of this Opinion ; and therefore it is perfectly needless to cite any Authorities for it. And all the Advice they pretend to give, as to the Cure of the Plague, is to apply those Things that have been found good in malignant Fevers, to the Cure of this worst of Fevers. And indeed our present Physicians have no other Way, for none of those learned Men here, that have lately wrote of the Plague, pretend to have seen a Plague, or practised where it was ; and yet they think themselves sufficiently instructed, from their Books and the History of Plagues, to write about it ; and if it should come here, to practise in the Cure of it, because they think it is no other than a malignant Fever in an higher Degree. And I fully perswade my self, that if any of 'em knew any Thing that would certainly take off a malignant Fever, if they should have Occasion, they would apply it to the Cure of the Plague.

I would only beg one Favour of 'em, that they would give me Leave to argue as they do. I have known, not once but often, that a good Dose of cold Water, given in Bed, in the Beginning of the most malignant Fevers we have had in *London*, this twenty five Years and upwards, have taken 'em off at once, by a plentiful Sweat. And therefore, if I were to practise Physick, I would if ever I had Occasion try it, and should hope to use it with Success in the Plague. But I proceed,

6. All Physicians confess, there is no Specifick yet found out, that will certainly take off and cure the Plague. And 'tis no great Wonder, when Dr. *Pitcairne* proposes it, as a *Desideratum* in Physick, to find out some Remedy, that would at once take off a Fever. *Et-muller* says, there is no Specifick, unless we may reckon dry'd Toad, or Camphire to be so. As to the first, *Van Helmont* seems to have an Opinion of it : And says, he learnt it of one *Butler*, an *Irish* Physician, who pretended to have cured many with it. But he could not thoroughly learn the Secret, because the Man was banished soon after. I suppose this Remedy has been used so seldom, that if any that used it, either escaped the Plague, or did well with it, presently this was the Cause, tho' it might be purely accidental ; for as bad a Distemper as the Plague is, some will escape having it, and some would escape when they have it, tho' they should do nothing either
to

to prevent or cure it. Not to say, that one would think, when the Toad lies so near the Heart, the Heart should be likelier to attract the poisonous Particles from the Toad, than the Toad from the Heart.

As to Camphire, tho' it is mightily extoll'd as a most powerful Diaphoretick, yet I never find it prescribed alone, either in the Plague, or any other Fevers. And if it is of so piercing and searching a Nature, as those that write of Simples assert, that it will diffuse it self, even through the solid Parts, as soon as it is warmed by the Stomach, I should think it were as good let alone as taken inwardly. And that it cannot be such a powerful Diaphoretick as is pretended, unless seconded with great Plenty of Liquids, which perhaps would do the Work without it. It enters indeed the Composition of most Antidotes, but when it is buried among such a vast Number of other Simples and Compounds, as in that famous and admired Antidote of *Matthiolus*, where there are above sixscore Ingredients, it can neither do Good nor Hurt. By the Way, I think it is beyond the Capacity of any Physician, with Judgment to compound a Medicine, of such a vast Number of Ingredients, to serve any Intention in Physick whatever. This by the Way. *Sir Rich. Blackmore* says, he could never find any great Effect of Camphire, but that it is offensive to the Stomach, as most Balsams and Balsamick Gums are. I find

find also the greater Celandine much commended. *Hippocrates* used Ivy-berries, as also Sulphur. If Sulphur be good, I should think either *Gas* of Sulphur, or Flower of Sulphur boiled in Water should be the best Way of taking it. The latter of which I have heard will cure the most obstinate Itch, without any outward Application. Whether any of these may deserve the Name of Specificks, I cannot tell. *Van Helmont* brags much of his *Mercurius Diaphoreticus*, and his *Arcanum Corrallinum*; but he keeps 'em *Arcana*, for I do not find he has told us how to make 'em.

7. Sudorificks are looked upon by some of the best Physicians, as the safest, the quickest, and most proper Cure for the Plague.

I will begin with *Diemerbroek*, who is supposed by many to have wrote the largest, and best of the Plague.

I cite the Folio Edition with his Anatomy.

Lib. 3. Cap. 6. He tells you, what his Custom and Method was. In the first, second or third Day, he gave 'em Sudorificks; if they vomited 'em up, he repeated 'em. If they were hard to sweat, he put more Covers upon 'em. If yet the Fever increased, he repeated his Sudorifick the second or third Time, nay, even sometimes to the fourth or fifth Time. This Method shows, what Opinion he had of Sweating in the Plague.

Lib. 2. Cap. 8. He approves of Issues, and says he had known many, that finding by their Issues they had taken Infection, took a Sweat speedily, and were presently well.

Page 164. He says, he found by Experience, confirmed by infinite Examples, that a very great Number had been cured by Sweating, and very few any other Way.

Lib. 1. Cap. 14. That he had known some, that by one good lusty Sweat, had been so recovered, that there remained no Footsteps of the Disease, and that this had often happened in the Plague of *Nimmeguen*.

Notwithstanding that old Observation, that Sweating is dangerous in Fevers before the Humours are concocted, he gives his Sudorificks in the very Beginning of the Distemper; and says, the Disease makes such a swift Progress, that you must help the Patient speedily, or all Remedies will be in vain. That if the Patients took Sudorifick Antidotes, in the very Beginning of the Disease, many recovered, but if they past that Time, they were in great Danger. He owns the common Notion of Concoction in other Fevers, where the Disease depends upon the Humours, but not in the Plague, that comes from Infection. Tho' he needed not to have allowed that Exception, for I am sure by Experience, that Sweating is as good in all Fevers, where there are not to be Eruptions, as he thinks justly it is in the Plague. He owns, *Page 167.* that
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he was careful not to give the very hot Sudorificks, or if he did, to mix 'em with some cooling Things, as Vinegar or Citron Juice, &c.

I shall add a Passage or two out of *Senner-tus*, to the same Purpose, *Sennertus*, *Lugd.* Vol. 2. 1656.

Page 808. I am altogether of the Opinion, that many that die of the Plague might have been saved, if they had used the Medicines that are necessary in Time, and repeated 'em as often as was needful. For as soon as any one finds any Token of Infection, he ought presently, and without any Delay, to take Alexipharmicks, and sweat, and to repeat 'em even thrice in the Space of one Day.

And Page 817. The safest Way of curing the Plague is in short this.

If the Plague shall seize any one (first imploring the Help of God) he is presently to fly to Alexipharmicks, and Sudorificks; nor is the Cure by any Means to be deferr'd. And I believe, the Reason why so many die of the Plague is, because they mostly are too backward to use Alexipharmicks. And that many might be saved, if they did take them sooner, before the Poison begins to corrupt the Humours. I have often observed here in Time of Plagues, that some when they found themselves infected, taking Alexipharmicks speedily; composed themselves to sweat, and after that felt no Hurt, but the next Day returned to their Business. And on the contrary, if

*Safest
of curing
the Plague*

the Cure were delayed but eight or twelve Hours, before they took the Sudorificks, scarce one of an Hundred recovered.

Here you may see what an Opinion *Senner-tus* had of Sweating in the Plague, and of doing it as speedily as possible in the Beginning of the Distemper. I might add other Authorities, but these are enough. *Vide Sydenham, de Peste.*

8. The hot Sudorificks, or Alexipharmicks (which are all one) are dangerous in the Plague, as well as other Fevers, if not sparingly and discreetly administred. Nay, indeed, they must be more dangerous in the Plague, than other Fevers. There is probably, the highest Inflammation in that of any Fever, and consequently hot Medicines must be more dangerous in that, than any other. I find indeed some great Men are attached to the old Notion, of giving the strongest Cardiacks, and the hottest Alexipharmicks, in malignant Fevers. And the more malignant the Fever is, the more strong Medicines must be given, and consequently the strongest of all in the Plague. But the Generality, as far as I can see, seem to be come off that Notion, and seem rather willing to part with the Alexipharmicks, and venture the Poison, than to use the Sudorificks, and increase the Fever, which is the Effect of the venomous Infection. The Truth is, the hot Sudorificks, if given in the Beginning, while Nature is strong,

strong, and the Blood not much corrupted, and if given in such a Quantity, and with such Management, as to force a plentiful Sweat, they may lessen, or it may be, take off the Fever, but if they fail of Sweating, as they often do, or put Nature to too much Stress, they must do a great deal of Harm. *Diemerbroeck*, as I noted before, owns he durst not give the hotter Sort of Alexipharmicks, without mixing some cooling Things with 'em; so that according to the now almost common Notion of the Necessity of quelling the Poison, and yet, at the same Time, the Danger of increasing the Fever, the Physician must often be in a Quandary how to proceed, and what to do.

If therefore there could be any Thing found out that would produce a plentiful and kindly Sweat in the Beginning of a Fever, without increasing it before it produce the Sweat, it would certainly ease the Physician of that Dilemma, either to neglect the Poison, or increase the Fever.

This I boldly assert cold Water will do in the Beginning of any Fever, that is not necessarily and universally attended with Eruptions (I really believe in the Plague it self) and will give as plentiful, and a much more easy Sweat than any of the hot Sudorificks will do, and be so far from increasing the Fever before, or during the Sweat, that it will calm the Fever, and quiet the Blood to that
Degree,

Degree, that one would scarce believe the Patient had a Fever. And in those Fevers that are always attended with Eruptions or Death, as the Small Pox, &c. it will so reduce and moderate the Fever, that the Eruptions will be much more easy and kindly than else they would be.

But it may be said, must we take no Care of the Poison, or the venomous Particles that have infected the Spirits, or the Blood, and Humours, and caused the Fever? Must we part with those Alexipharmicks, that all the World for these 1500 Years has believed so contrary to the Venom and Poison that is supposed to be the Cause of malignant Fevers, and particularly of the Plague? In answer to this I shall advance,

9. That the same medicinal Process which cures the Fever, and carries off the morbidick Matter, will carry off the Poison and Venom too that was the Cause of it. To be sure the Poison or venomous Vapor or *Halitus* brought the Fever, by mixing with the nervous Juice the Blood and Humours, and corrupting them. When therefore the vitious Particles of these are carried off by a kindly and plentiful Sweat, the Poison or Venom, of whatever kind it be, must go along with them; and Nature, with the Help of Art, carries off the Effect and the Cause together: And indeed, it seems impossible it should be otherwise. I believe those hot Medicines, whether Simple or Compound, quell

quell the Poison, as they cure the Fever, not by any Specifick Quality of resisting Poison, but by forcing a Sweat, that by Degrees evacuates the morbidick Matter of the Fever, and the Poison together.

I cannot see that any Physician dare determine what, or of what kind the malignant Venom in the Plague is, or what kind of Poison is nearest a-kin to it, whether the Animal, the Vegetable, or Mineral Poisons, tho' I think the Mineral has the fairest Pretence, because we see People are suffocated by such sort of Vapors, as they are sometimes in the Plague when the Infection is strong; this probably is the Case in Infection from the Air, tho' not when it comes from infected Bodies.

Therefore tho' the World may have some Experience of some Things that may be looked on as Specificks, for the resisting of some sorts of Poisons, as that of the Viper, or Asp, or Scorpion, or as we know, the Bite or Sting of the Tarantula, is cured by some Strains of Musick, and violent Dancing upon it; yet being we know not what sort of Poison that is that causes the Plague, we cannot with any Certainty apply such sorts of Antidotes for the Cure of the Plague. And we can have no sort of Assurance, that such Things as may be by Experience found good for the resisting and quelling the Force of some sorts of Poisons, are good for the resisting the Poison that causes the Plague, any further than

than as they are Sudorificks, and by kindly Sweating, or by insensible Perspiration, carry off the Fever, and the malignant Particles that were the Cause of it together. Nor is it very likely, that such violent hot Antidotes as we are sure increase the Fever, which is the natural Consequence of the Infection in the Plague, whether from the Air or other Contagion, should do much to quell the Malignity, but rather increase its virulent Activity.

But if Water given in Time, and in good Quantity, and in Bed, will cause a plentiful Sweat, and take off in a great Measure the Fever, 'tis not improbable it will likewise, at the same Time, imbibe and absorbe those noxious Particles of Matter that caused the Fever, (be of what kind they will) and carry them off together with the morbifick Matter of the Fever more easily, and do more to quell their Violence and Activity, than any of the common Alexipharmicks and Sudorificks will do.

And therefore I cannot see any Reason, why Physicians should (as they generally do) so nicely distinguish between the Fever and the Malignity in the Plague, when they know so little in what kind of Poison the Malignity of the Plague consists; and consequently, must with great Uncertainty apply those Antidotes (if any such there be) that are by Experience found to be good against some sorts
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of Poisons, to the Cure of the Malignity of the Plague.

But the World has for many Hundred Years been lead away with an Opinion, that only hot Medicines are Sudorificks, and have known little or nothing, as far as I can find, of procuring a kindly, easy, and plentiful Sweat, by a good Dose of innocent Liquids, and particularly by cold Water given in Bed, which I have, by long Experience, found to be the very best way to do it.

10. I assert, that cold Water, which may be given in a large Quantity, (if it will procure a safe, easy, and plentiful Sweat, as I know it will) is more likely to imbibe and absorbe those noxious and poisonous Particles that cause the Fever; and by cooling and diluting the Blood, and making it fit to pass easier through the Capillary Arteries, and so to open the Glands of the Skin, to carry off not only the morbidick Matter, and corrupt, vitiated and putrify'd Humours of the Blood, and to correct the too much Viscidity of the nervous Juice, but even the Poison it self, than any of the common hot Sudorificks; most of which can be given safely only in a small Quantity, and unless they be seconded with Plenty of innocent Liquids, must only heat, disorder, and corrupt the Blood; and make the Fever worse, and the poisonous Particles more virulent, and consequently very often do more hurt than good. The Ingenious Dr. Chene
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has a Notion, that it is dangerous, or at least to little Purpose, to sweat in the Beginning of Fevers, because when the Glands are obstructed, the Arteries (at least the Capillary ones) are so too, and that these Obstructions cannot be deobstructed all at once, but the Obstructions must be wash'd away by Degrees, and by little and little. But under Correction, I will make bold to say, the hot Sudorificks will never do this in Fevers, but obstruct 'em more and more by heating the Blood, making it more viscid, drying up, and evaporating its Serum, and unfitting it for that free and easy Circulation that must do the Work. This will certainly be the Case, except they be given in such a Quantity, and under such Regimen as will force the Sweat all at once; and this, I say, may be done sooner, and safer, and easier, by a Dose of cold Water, than by any of the hot Sudorificks.

II. I assert, that the easiest and safest Way to take off the Plague, as well as other Fevers, not only is by Sweating (as I have proved before is the Opinion of some of the best Physicians) but by doing it speedily, and in the Beginning, before the violent Infection, the poisonous Vapour and *Halitus*, the contagious Particles, be what they will, have too much disturb'd the Nervous Juice, or Animal Spirits, or corrupted the Blood, and other Juices of the Body.

And

And this I stick to, notwithstanding the too common Notion of the Necessity of Concoction of the Morbifick Matter, before it can be evacuated by sensible or insensible Perspiration.

And this is more necessary in this than any other Fever, because it makes the swiftest Progress in disordering the Spirits, and corrupting, or putrifying the Blood and Humours, and something must be done speedily or not at all, as many of the best Physicians tell us, *Diemerbroek*, *Sennertus*, &c. as I have proved before.

And perhaps if a right Method were taken as soon as ever the Plague seizes a Person, it might be easier done in this, than almost any other Fevers, that more proceed from, and depend upon the corrupt Humours of the Body ; for it's plain, if the Infection be strong and violent, the Plague may seize the most healthful Man in the World, and if any Way could be found to imbibe, abforbe, kill, and carry off those noxious and venemous Particles, at the very first, before they have too much seized the Spirits, and corrupted the Blood and Humours, the Plague might as easily be cured, as any other Fever, and perhaps sooner than most of 'em. Both *Diemerbroek* and *Sennertus* tell us, they have known many, that by taking an early and plentiful Sweat, have been perfectly well, and the next Day gone about their Business. And it was so in our Sweating-Sickness ; at the first they

were dead in twenty four Hours, and hardly any recovered ; but after they had found the right way of treating the Patients, *i. e.* encouraging that Sweat that the Violence of the Fever had forced Nature into, hardly any died of it, but were well in as little Time as others were dead before.

12. I have long experienc'd, that a Dose of cold Water given in Time, and in Bed, will in the most malignant Fevers that commonly happen, procure such a plentiful Sweat, as will take off the Fever at once, and I have Reason to believe, that if a Person, as soon as ever the Plague seizes him, would go to Bed and take a plentiful Dose of cold Water, it would have the same Effect as I know it has in other Fevers, and might be much more safely given than any of the hot Alexipharmicks and Sudorificks. And I verily believe, if this Method were taken, there seldom, if ever, would appear, either Spots or pustulous Swellings, or Carbuncles ; and if the morbid Matter were not thoroughly carry'd off by such a Sweat, as I am pretty sure would follow, this Method would much better promote such a kindly Bubo in some glandulous Part or other, as would carry off the Relicks of the contagious and pestilent Fever. We may see the Power of Water to carry off any feverish Heat in the Blood, by the Effect that drinking the Waters has upon many People, that it pimples or flushes their Faces, and
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perhaps some other Parts, if they did but observe it. When it does so, they many Times leave 'em off, but I rather think, they ought to keep on drinking 'em ; for such Pimples will soon be gone, when the Water has cool'd and clear'd their Blood.

Those Physicians that write of the Plague, prescribe only those Things they have found good in common malignant Fevers, because they generally look on the Plague, only as a malignant Fever in an higher Degree. And why may not I argue the same Way, that Water will take off the Plague, as I know it does other malignant Fevers.

I have no Experience my self (and wish I never may) of the Truth of what I believe, that Water will cure the Plague, as well as other malignant Fevers. But I have one or two Matters of Fact, that I believe to be true, upon the Report of credible Persons.

The ingenious Free-Thinker has furnish'd us with one, which I suppose he has good Authority for, of an old Man and his Wife, that were left in the last Plague, in a Gentleman's House, who was fled into the Country. The Woman fell ill of the Plague. She found her self in a terrible Heat. Nothing would serve her, but her Husband must fetch her a Pitcher of Water from *Lamb's Conduit*. She drank plentifully of it, but exposed her self to the Cold, which she should not have done, but kept her self warm to sweat ; the not doing

Two Instances of Water curing the Plague.

ing of which was fatal to Thousands in the Beginning of our Sweating-Sickness. However, she was cured. Her Husband too was seized, used the same Means, and recovered likewise. *Probatum est*, Lamb's Conduit Water will cure the Plague. *Quare*, Whether there may not be other Water that will do so too?

I have another Story from a Gentleman very learned in *Arabick*, and other *Eastern* Languages. He was formerly Resident for the King of *England* at *Morocco*. He tells me, that in his younger Days, when he was one of the Factors at that Place, he himself fell ill of the Plague. One of his Brother-Factors took Care of him, and gave him a Dose of Rumm, (I think he said) or some other of the hot spirituous Liquors. He left a Jew to attend him, with a strict Charge not to give him any Thing, but what he had order'd. The Patient found himself in a violent Heat, without any Sweat at all. He begg'd of the Jew, to bring him some cold Water. The Jew told him, he durst not do it. However for a Fee of two or three Ducates, he was perswaded to do it. Having drank the Water, he compos'd himself, and soon fell into a violent Sweat. He felt a pricking Pain in his Arm-pit, which was the Beginning of a Bubo. He avoided taking the prescribed Doses all the next Day, but at Night his Friend came to him, and forced him to take another Dose of Rumm. That took off his Sweat, and his Heat

Heat returned, and his Bubo went off. For another Ducate he got some more Water, his Sweat returned ; after that he prevailed with the Jew to throw all his hot Doses away ; he recovered, and with due Regimen after, was very well.

The same learned Gentleman has told me ^{*An Instance*} another Story very remarkable. He himself ^{*of Water*} was formerly Secretary to one of our Ambassadors at *Madrid*. ^{*given in a*} The Ambassador fell ill of a Fever (I suppose one of those raging Fevers they call Calentures) he took the Advice of the best Physicians that were there to be had, and was under the common Regimen used by the Physicians of that Country. The Secretary lay in the next Room to his Excellency. He hearing some Noise in the Night, got up to see what was the Matter. He found his Excellency sitting in the coolest Room he had in his Apartment, bare foot, and in nothing but his Shift. The Secretary begg'd of his Excellency to go to Bed. He said, he could not possibly bear lying in Bed. But if he would bring him a good Draught of cold Water, he would go to Bed, and try. The Attendants were asleep. They let them sleep on. The Secretary brought his Excellency some Water ; he drank it, went to Bed and slept very well the rest of the Night, and did very well. This confirms what I have by long Experience found, that a good Draught of cold Water, taken when one goes to Bed, will

will give a more kindly, easy, quiet, and undreaming Sleep, than the largest Dose that any Physician dares give of Liquid *Laudanum*, or any other Opiate. And if Water, and other cooling Liquids were more given in Fevers, the Patient would have but little need of being dozed with quieting Draughts.

Other cooling Liquids may give a Sweat but not so safely.

I am not such an Admirer of Water, but that I think there are other cooling Liquids, if they be so innocent, that they may be safely given in large Quantities, may produce a Sweat in the Beginning of a Fever; such as Small Beer, Small Beer Posset-Drink, and it may be Whey; but as any of these, being not so pure, and fine, and of such subtile Parts, nor so near the Serum in Nature as Water is, will give more Disturbance to the Blood, and I believe not produce a Sweat, being given in so moderate a Quantity as Water will; so in the Use of any of these, there will be much more Danger of a *Diarrhæa* or Looseness, which most Physicians think not so good in the Beginning of a Fever. As for mull'd Wine and Mace-Ale, which will sweat with the Help of Cover enough, they are to be reckoned among the hot Sudorificks, which must needs, as all the rest do, increase the Fever at present, tho' they may sometimes by producing a plentiful Sweat take it off, if given in the Beginning, for when the Fever comes to any Height, they are dangerous.

I will conclude this Essay with the Judgment of the Great Borelli, which may likely be of some Weight

The Judgment of the Great Borelli, partly disapproved, and partly approved by the Author.

with the greatest Physicians, tho' mine be of none at all. As far as I can see, those that are by many accounted the best Physicians, take all that is uncommon, and new, in their Notions of Physick, from him and Bellini, Malpighi, Baglivi, &c. And therefore I hope the Opinion of one of them may be more easily received, at least not lightly rejected by them.

The Great Borelli in his Discourse of Fevers, in the latter End of his Works, Page 312. says, The great Design of a Physician in the Cure of Fevers is, that the Obstructions of the excretory Vessels may be taken away, and the fermenting Salts be temper'd, or alter'd. He confesses, that the Separation of the Salts from the Humours will be hard, and not to be expected, when those Salts are imbibed by and incorporated with the Juices in the Glands. As the Salt in Sea-Water cannot be separated from it, but by Distillation.

As to the tempering or altering of the Salts, he proposes two Ways.

1. By administering Salts contrary to those that are supposed to be imbibed by the Glands. That Salts are contrary to, and destructive of the Virtue of one another, he proves by several Experiments. *Aqua Fortis*, compounded of the Acid Salts of Vitriol and Allum, will
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dissolve Silver, but if we add *Sal Armoniack*, a more acrid Salt, it destroys that Virtue in *Aqua Fortis*. See more Examples in the fore-cited Place.

This no Body doubts, but what are we the better, unless we could know what kind of acrid or acid Salts those are, that being mixed with the Humours are, as is supposed, the Cause of the Fever. Most modern Physicians that have wrote, suppose some sort of acrid or acid Salts to be the Cause of Fevers, yet they are not (and I fear never will be) agreed of what kind they are. Some perhaps will have 'em nitrous, some lixivious, some tartarous, not to mention any more. Now if we know not what kind of Salts those are, that are the Cause of Fevers, I cannot tell, how we should know, what Salts are contrary to them, or destructive of 'em.

Besides, Salts are dogged Things, at least some of them, and Fevers are tickle Things, and we must have a Care, that instead of destroying those supposed febrile Salts, we do not destroy something else, or give such Salts, as instead of destroying the Enemy, will join with him. Now I think *Borelli's* Advice does not signify much to direct the Physician, unless he could have told us of what sort the febrile Salts are, and what Salts we have, that are contrary to them.

2. The other Way he proposes of tempering, moderating, or destroying the noxious
Power

Power and Virtue of those febrile Salts, is *Adhibito Cibo & Potu tenui & aquoso* : *The Use* ^{N. B.} *of a low, and next to liquid Diet, and a weak and watery Drink.* Now I think, no Drink can be more thin, small, weak and watery, than Water it self. And here I think he says something to the Purpose. Every Body thinks Water to be the best Imbiber and Dissolver of Salts. And being I have proved (if my more than Twenty Years Experience signify any Thing) that a good Dose of cold Water, will in most Fevers, if taken in Time, and in Bed, open the Glands of the Skin, and produce a plentiful Sweat (which it cannot do, but it must imbibe some or all of those noxious Salts, that stagnate in the Glands) 'tis highly probable, it will, with it self, and other Humours, carry off those Salts out of the Body, and so cure the Fever.

And so the Separation and Expulsion of the Salts in the Humours, stagnating in the Glands (which *Borelli* says is not to be hoped for) will be effected. And both *Borelli's* Intentions will be answer'd.

To conclude, There is something of *Fashi-* ^{The Con-} *on* in Physick, as in other Things. I my self ^{clusion.} can remember the Time when many Physicians would hardly allow their Patients a little Small-Beer (much less Water) to cool their Tongues in a Fever. (They might as well have forbid 'em to throw Water on their Houses when on Fire.) But now, as to that, the

the Case is alter'd, and I am glad to find so great a Man, as Sir Richard Blackmore, declare so freely as he does, in his late Book of the Plague, for the plentiful Use of innocent Liquids in Fevers.

I confess, it is a little out of my Way to write in Physick; but I am not the first Man that has writ a Book of a Subject he knows little of. And if any of the Profession, that censure me for this, will write a good Book in Divinity or Morality (as some of 'em have lately done very good ones) I shall not think they intrude upon my Profession, I will buy it, and read it, and thank 'em for it.

FINIS.